

Consult suggests separate
county drug court.

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Good food takes a river ride
on steamboating memories.

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Today's
FoodDespite confusion, officials
using 'motor voter' law.

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Granite City Journal

SUBURBAN JOURNALS - #1 IN WEEKDAY READERSHIP WITH OVER 1.4 MILLION READERS

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VOLUME 19, NUMBER 68

WEDNESDAY, AUGUST 30, 1995

FIFTY CENTS

Profile



(Staff photo by JOHN SWISTAK JR.)

John Shimkus, the Madison County treasurer and candidate for Congress.

Party affiliation is no line
in the sand to John ShimkusBy Scott Wuerz
Staff writer

Madison County Treasurer John Shimkus did not set out to be a politician. But after five years of unprecedented success, he takes pride in being something of a fish out of water.

After graduating from the U.S. Military Academy in 1980 and remaining in active military service until 1986, Shimkus got a teaching certificate and returned to his hometown of Collinsville.

He became a teacher at Metro East Lutheran High School in Edwardsville and held the position until shortly after he became treasurer in 1990.

"One thing I really miss is teaching," Shimkus said. "I could easily go back to that today."

But instead, Shimkus became involved full-time in county government and, as he

"I believe the majority of the people in Madison County are conservative — even the Democrats — and I couldn't have been elected without their support."

— John Shimkus

pointed out last week, he is the only Republican official to be elected to two consecutive terms of office in the county in about 50 years. Shimkus announced last week his intention to run for the U.S. Congress in 1996.

(See SHIMKUS, Page 9A)

Consumers losing
protection: OrseyBy Scott Cousins
Staff writer

The closing of the Illinois Attorney General's office in Granite City will leave area residents with little protection against consumer fraud, according to outgoing employees at the office.

From an 800-number system that will frustrate senior citizens to overworked consumer advocates, the reorganization plan is "a system that is almost designed to fail," said Assistant Attorney General Dennis Orsey, the regional manager of the Granite City office.

It is one of 12 regional offices to be closed Thursday. After that, complaints will be taken either at the East St. Louis office or through an automated 800-number telephone system.

The plan was announced last month by Illinois Attorney General Jim Ryan, who said it would allow the state to reallocate almost \$2 million. Most of that will go toward hiring 30 new attorneys for the Chicago and Springfield offices, and installing an 800-number to handle consumer complaints.

The Granite City office served an eight-county region. The region to be served by the new East St. Louis regional office covers 16 counties, and stretches from the Mississippi River to the Illinois-Indiana border.

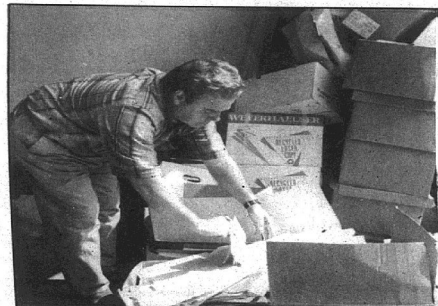
"There are one million people in those 16 counties," Orsey said. "Personally, I think it's a system that is almost designed to fail."

"No longer will people be afforded the hands-on contact, no longer will they be afforded the quick response that they have received in the past," he said. "There will be 800-numbers that will ring into either Springfield or Chicago, and you're going to be talking to people whose first question will be 'where's that at?'"

Orsey said that was a problem even before the reorganization.

"When we try calling our Chicago office, I'll tell them it's Dennis Orsey calling from the Granite City office and they'll

(See CONSUMERS, Page 2A)



(Staff photo by JOHN FRESS)

Rod Taylor, a citizen's advocate with the Illinois Attorney General's Granite City Regional Office, sorts through some of the last files before they are removed.

State 'cutting off
nose to spite face'By Scott Cousins
Staff writer

On his first day as assistant attorney general and regional manager of the Granite City office, Dennis Orsey started his day by unpacking boxes.

Now he's doing it again. "We've come full-circle from almost 11 years ago when I was unpacking boxes to set up and establish this office," he said. "Now I'm the guy putting things back into boxes as we prepare to wind down the operation."

As part of the reorganization of the Attorney General's regional offices, most of the region served by Granite City will be combined with the region served by the East St. Louis office.

"Reflecting back on that time, it's been a marvelous experience and a marvelous opportunity to be able to serve the people in the eight-county area," he said.

In that time, the office has been one of the most productive in the state.

"According to figures provided by Orsey, since opening December 1, 1984, the office has handled 38,764 cases and returned almost \$3 million to the public."

(See STATE, Page 2A)

Threat results in man's arrest

An alleged threatening call to a Granite City resident resulted in charges being filed against a Madison area resident Monday.

Joseph E. Risinger, 32, of the 3100 block of Troy Road in the Cloverleaf Subdivision, was charged Monday afternoon with one count of violation of the Firearm Owners Identification Card Act, and one count of illegal possession of a fire-

arm by a felon. He was in custody at the Madison County jail, with bond set at \$30,000.

According to Venice Police, on Sunday Risinger and another man called a third man in Granite City, told him to go to a certain road, and told him it would be "the last turn he would make."

The man called police, who went to the location

(See Threat, Page 6A)

In the Journal

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WEDNESDAY		THURSDAY	
HIGH 95	LOW 76	HIGH 94	LOW 75
FRIDAY		SATURDAY	
HIGH 93	LOW 74	HIGH 94	LOW 75

John Fuller, Chief Meteorologist, KSDK-NewsChannel 5

School board filing concludes

A total of 16 people have filed nominating petitions to become candidates for the Granite City and Madison school boards.

Monday was the last day for candidates to file petitions for the Nov. 7 election.

In Granite City, seven filed for four school board vacancies.

Three four-year terms and one two-year term will be open in Granite City. Filing for the four-year terms were incumbents Rick Dickerson and Jeff Parker, and newcomers John Coudron, Ron Dillard and

Andrea Miles-Rhoads.

Filing for the two-year term were incumbent Jim Noeth and newcomer Maggie Romine Mayhall.

In Madison six people filed for three four-year terms and two two-year terms.

Filing for the four-year terms were incumbents Wilber Owens, Sharon Cass and Donald Turner, and challengers Jeffery Bridick, Joseph Garcia and Christy Graham.

Filing for the two-year terms were

Police agencies split funds

Law enforcement agencies in two states may have hit a jackpot in federally seized drug assets, but the Granite City Police Department struck out.

W. Charles Grace, U.S. attorney for the Southern District of Illinois, recently distributed more than \$396,000 in seized currency

(See FUNDS, Page 6A)

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•Consumers

(Continued from Page 1A)

say "which agency are you with," he said.

"Well I'm with your agency," Orsey said he would respond. "I've worked with the attorney general's office for the past 11 years. Don't you recognize that Granite City is part of the system?"

"It's that kind of mentality — because of the large distance involved — that inherently presents difficulties in communicating with people on a timely basis," Orsey said.

"In the last 30 days we've had instructions from Springfield office not to open any new cases," he said. "We were to refer those people to the 800 number. Just today somebody called and said 'I've been calling that 800 number all day and I can't get through.' It's very frustrating to this staff because we've tried to respond the same day to callers."

He also said the automated 800-number system will cut off contact with many seniors, who are most likely to be affected by consumer rip-offs.

"My mother is one of many people who still have a rotary telephone," Orsey said. "If you have a rotary telephone that system won't work, and I would venture to say that many of the senior citizens have rotary telephones."

"How are those people benefited by an automated telephone system that rings into Chicago," he added.

Rod Taylor, a consumer advocate in the Granite office, agreed.

"I mean no disrespect but people in Chicago could care less about downstate Illinois," he said. "You say you're from Granite City and you have a complaint, they are going to say 'Where?'"

"There will no longer be a same day response," Taylor said.

Because of that, many cases, especially consumer fraud cases involving fly-by-night operators, will remain unsolved, Taylor said. That is because a quick response is critical when dealing with those cases.

"These people are going to come here, they live out of motels, they're going to be here for three weeks and they're gone," he said. "And when the state comes to look for them,

there won't be anybody to look for because they are going to be in Indiana, Kentucky, Missouri or someplace else."

"(Former Attorney General Neil) Hartigan recognized that when he came into office," Taylor said. "You didn't have to be a rocket scientist to figure out the only people being served were the people in Springfield and Chicago. So he created a regional system so everybody would be under this umbrella of protection."

"Now he (Ryan) has taken the umbrella that we've put over our county and folded it up," Taylor continued. "And then he turns around and tells the people, 'No, no, no, I'm not folding it up — you've got Springfield and Chicago, you've got this toll-free number.'"

"People tried that," Taylor said. "They tried flying that airplane before Hartigan got in there — it didn't fly then, and it won't fly now."

Orsey said he and others at the Granite City office were offended by the state's "study" that showed the regional offices were little more than "help desks."

"One of the comments they made that was offensive to this staff was that the average office gets only six calls per day," he said. "I'm here to tell you this office gets six calls in the first half-hour every day."

He said Granite City had always been a high-volume office.

"Look at our statistics," he said. "In the last month we've had almost 250 inquiries even as office is winding down, not counting calls referred to Springfield."

"I have been obligated to generate two weekly reports that go to Springfield," he added. "Those two reports have gone up every week for the last eight years. All this tells me is that nobody has bothered to read those reports."

"Not one of regional directors was interviewed for study," he added. "(Springfield) obviously had a preconceived notion and an agenda they wanted to carry out."

Taylor said the "heart and soul" of the regional offices were the consumer advocates.

"This was a good system and it worked," he said. "All the news media thought we were great. Now we're disappearing and everybody is buying this spoon-fed stuff coming out of

Springfield. It's not political, it's just too expensive, they're outdated and it's really not cost effective."

"If you're doing the job and you're doing it good, and the office record shows that you're a secretary staff, your advocacy division, and your litigation division is one of the best in the state, and you're closing that office down because it is not efficient, let's question that," Taylor said. "If they're saying we're political, I say what I do on my spare time and who I support is none of your business. When people call here we don't ask them if they are a Republican or a Democrat."

"It sounds disrespectful, but I don't want to be part of the Ryan administration," he said. "(Roland) Burris was bad enough," Taylor said. "He was a do-nothing attorney general. He got in there and did nothing, but he didn't hurt anything."

"They're very critical of Burris, and rightfully so," he added. "But Ryan gets in there and disassembles all the mechanisms and tools that were being built up to fight consumer fraud. You don't cut the hose that's fighting the fire."

"We were the watchdogs," Taylor said. "Is that going to happen in Springfield? No."

"I can sit here and make a list of people, individuals and businesses that are drinking champagne right now because this office is closing."

"They're going to get a 3½-year free ride," he said. "And how many people are going to get hurt in those years because of that?"

Vital statistics

Following is the monthly report of vital statistics in Madison County issued through the office of County Clerk Debbie Saltsch:

	1995	1994
BIRTHS		
Males	152	121
Females	114	101
Total	266	222
DEATHS		
Males	185	190
Females	214	244

The Granite City Regional Office of the Illinois Attorney General, which will close August 31.

•State

(Continued from Page 1A)

It has also won legal judgments totaling \$2.5 million, collected \$1.7 million for the state, and saved \$637,000 in state funds.

"The whole concept of providing regional office services... was one of taking the services of the Attorney General's office out of Springfield and Chicago and bringing them out to people in the regions," Orsey said. "(Former Attorney General Neil) Hartigan used to say everybody paid taxes, so why should all that tax money go to Springfield and Chicago, and people down here never see the benefits of that kind of service."

One of the things the office has done best is work as a quick-response team against consumer fraud.

In one case last year, Orsey said, a transient victimized 25 senior citizens by offering to blacktop their driveways. The man would charge several hundred dollars, spray oil on the driveway, collect the money and move on.

"People realized they had been had after a day or two," Orsey said. "We were notified of it, and we were able to track this guy down."

While the Attorney General's office filed a consumer fraud lawsuit against the man, the Madison County State's Attorney's office filed criminal misdemeanor charges.

The man admitted violating the consumer fraud act and was

fined \$5,000, made full restitution, and had a permanent injunction barring him from engaging in home repair work in Illinois.

"How does a case like that happen and have a positive result?" Orsey said. "It's because you have local offices and people with the eyes and ears and experience to respond quickly."

"All this happened before he had time to run off to another state, which typically happens," Orsey added. "We've put together a group of trained people."

It's a well-oiled machine. "Do I think — having worked with the system for 11 years in a decentralized way — that it (the reorganization) is going to be more effective, no," he said. "Frankly I think it will be less effective."

"One of the things Hartigan said was people needed to feel state government was responsive to their needs, and nobody has ever been critical of the performance of this office," Orsey said. "They're saying it's an overall office reorganization, but it's almost like you cut off your nose to spite your face."

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(Photos by PHILIP WALKER)



Action — Josh Hankins, 11, of Worthen School, in photo at left, prepares to hit a slap shot at Matt Blaylock, 15, of the Granite City Warriors Hockey Team at the Mitchell Athletic Club's annual fall festival and carnival. At right, the band "Southbound" performs at the festival.

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Agencies gear up for voter registration

Despite continued confusion over a two-tiered voter registration system, state and private social service agencies are gearing up to implement the federal "motor voter" law next month.

Among those who must be offered the chance to register to vote for federal candidates are patients checking into Alton Mental Health Center for treatment, people applying for welfare or unemployment benefits at the East Alton Public Aid office and pregnant women signing up for the Women and Infants Care program in Alton.

The State Board of Elections has completed extensive training sessions for state employees, and the official registration forms are expected to be ready in a few weeks, said board executive director Ron Michaelson.

The voter registration require-

ment covers the four departments under the governor's supervision — Mental Health, Public Aid, Public Health and Rehabilitation Services — through their various regional offices and facilities, and private agencies that receive grants from them, Michaelson said.

"There are 775 district or regional offices or institutions that are affected, so this is really a huge undertaking," he said.

Those registered under the motor voter system will be able to vote only in federal elections. Michaelson said Illinois and Mississippi are the only states proceeding with a two-tiered registration system by refusing to adopt the motor voter system for state and local elections.

The two-tiered system will force election officials to keep track of two sets of registration records and have two sets of ballots. Those signing up only with the federal forms will be limited in the March primary, for example, to voting for congressional and presidential candidates.

Voter registration can be delayed for "clinical reasons" at the mental hospitals until a client is stabilized, said Mental Health Department spokesman Jo Warfield.

Ted Funkhouser, supervisor of the Madison County Public Aid Offices in East Alton and Granite City, said his staff has been rained in registration procedures. He said all those applying for help or getting recertified for eligibility will be offered the federal voting registration.

"It remains to be seen how much additional work this will mean for the staff," he said.

Gov. Jim Edgar and Republican legislative leaders have blocked legislation seeking a unified registration system. The state's implementation of the federal law is being monitored by the federal courts, Michaelson said.

Secretary of State George Ryan, whose office is independent of the four agencies under the governor, began implementing the law at driver's license examining stations last week.

— From the Alton Telegraph

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Calendar

Our event calendar also includes entries for community groups and their normal meeting days. Such groups meet on the first Monday of the month, the first Tuesday of the month, etc. Readers are encouraged to call these groups if holidays or other days pose uncertainty. Corrections, additions and deletions of information are encouraged, and new entries may be added at anytime by calling the newsroom at 878-2000. This calendar runs in every Wednesday's Journal.

Wednesday, Aug. 30

Disabled American Veterans Chapter 53 will offer a service officer from 1 to 3 p.m. at the Tri-City Veterans Home, located at 1417 19th St., in Granite City. Call 878-7816 for more information.

Pulmonary Support Group, for persons with diagnosed lung condition, 11 a.m. to noon in 4-Docors Solarium, St. Elizabeth Medical Center, 798-3019.

Alcoholics Anonymous, 11 a.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., St. Elizabeth School's Noah's Ark Day Care, Pontoon Road, Granite City. The meetings are closed except for the last Wednesday of the month.

Collinsville Area Recreation District in conjunction with the Boots and Slippers Square Dance Club will sponsor square dance lessons from 7 to 9 p.m. at Lanham, 2200 Vandavia St., Collinsville. The cost is \$2.50 per person. Per session. For information, call 344-4636 or 344-4183, or contact CARD at 346-7529.

Divorced and Separated Group Ministry, 7-8:30 p.m., Eden United Church of Christ,

903 Second Street, Edwardsville, 656-9288.

Parents Anonymous Group, meets 6 to 8 p.m. For information on where meeting will be held, call Elaine Landolt, 463-2714.

Stress Management Class, 7 to 8 p.m. at Mental Health Services, 50 Northgate Industrial Drive, Granite City. For people who want to know what causes stress, how it affects their lives, and what they can do about it. For more information call 877-4420. Fees are based on a sliding income scale.

Madison Community Action Group, meets at 7 p.m. For more information call Dan at 452-2336 or Diane at 878-1360.

Thursday, Aug. 31

Chouteau Township Senior Citizens, 9 a.m. to 2 p.m., Social Center, 906 Thorngate Drive, Mitchell.

Eagle Park Area Seniors of Madison meet from 10 a.m. to noon at 100 Hill St. (rear), Eagle Park Acres, Madison.

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Alcoholics Anonymous, 8 p.m., Presbyterian Church, Mitchell, 1 (800) 307-6600.

Alcoholics Anonymous, 11 a.m., 2116 Club, 2116 Edison Ave., Granite City, 1 (800) 307-6600.

Take Off Pounds Sensibly Chapter 2363, 6:45 p.m. at Anchorage Recreation Center, 2909 Edwards St. For information, 797-6351 or 877-2784.

Al-Anon, 8 p.m., Wellness Center, 2103 Iowa, 453-2423.

Narcotics Anonymous, Seeking recovery, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.

Overeaters Anonymous, 7:30 p.m. at First Christian Church, 2415 N. 8th St., Caseyville. For information, call 1 (314) 638-7821.

Friday, Sept. 1

Eagles Auxiliary 1126 will hold a dessert sale from 5 to 8 p.m. at the Aeris fish fry at 2558 Madison Ave., in Granite City.

Greater Beneficial Union of Pittsburgh, District 491, Granite City Council, meets at 8 p.m. at the Knights of Columbus Hall, 4225 Old Alton Road, Granite City. James P. Reagan, president, can be reached at 288-7398; and Mary Solomon, secretary, can be reached at 451-9201.

Al-Anon meets at 8 p.m. in the Milonski Room in the basement

at St. Elizabeth Medical Center. Call 463-2429 for more information.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Friday Afternoon Pinochle Club for seniors 55 and over meets at 12:30 p.m. at the Harold Brown Building, Franklin Avenue and Pontoon Road. Call 877-6550 for more information.

STEMISS (Support Together for Emotional and Mental Serenity and Sobriety), A support group for people with a mental illness and an alcohol or substance abuse problem, meets from 1:30 to 2:30 p.m. at Pascal Hall, St. Elizabeth Medical Center. Call 798-3604 for more information.

Saturday, Sept. 2

Alcoholics Anonymous, 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Al-Anon Adult Children, 10 a.m., 2016 Delmar Ave., 463-2423.

Madison County Humane Society will hold an Adopt-A-Pet Day from noon to 4 p.m. at the Pets-Mart Store in O'Fallon.

Narcotics Anonymous, Acceptance, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.

Rescue Mission, 1536 Fourth St., Madison, food pantry is open from 9 a.m. to noon. Samuel Turner is the chairman, Valonda Turner is the secretary and Alfred Turner is the pastor.

Sunday, Sept. 3

The Pontoon Beach Jaycees regular meeting is held at 7:30 p.m. at Ralph and Charlie's Steak House. The meetings are open and the public is invited.

Senior Social Club, meets at 12:30 p.m., bingo and games start at 2 p.m. Call 877-1215 for more details.

Alcoholics Anonymous, 1:30 p.m. and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Narcotics Anonymous, Live the Steps, 8 p.m., 2016 Delmar Ave., 24-hour hotline 398-9409.

Alcoholics Anonymous, 8 p.m., St. Elizabeth Medical Center, Pascal Hall, main floor, Granite City, 1 (800) 307-6600.

Eagles Auxiliary 1126 Bingo, 1 p.m. at the Nameoki Bingo Center. Also included will be a color raffle, 50/50 drawing free games and other raffish.

Overeaters Anonymous, meets at 2 p.m. in the Wiesman Room, first floor, St. Elizabeth Medical Center in Granite City.

Monday, Sept. 4

Disabled American Veterans Chapter 53 Auxiliary, 1417 19th St., Granite City, 878-7816, 8 p.m.

Quad City Youth Fellowship Adult Board, 2257 Cleveland, 7 p.m., 331-3480 or 877-4848.

Camera Explorers Club, Hartford Public Library, 143 W. Hawthorne St., 7 p.m., call Beverly Zager, 254-9384.

Alcoholics Anonymous, noon and 8 p.m., 2116 Club, 2116 Edison, Granite City, 1 (800) 307-6600.

Al-Anon, 9:30 a.m., 2116 Club, 2116 Edison, Granite City, 463-2423.

Neglected Victims of Child Sexual Abuse, a support group for nonoffending parents of victims, meets from 6 to 7:30 p.m. at Southern Illinois University at Edwardsville's Rape and Sexual Abuse Care Center. Call 692-2197 for details.

TOPS 2048 (Take Off Pounds Sensibly), 6 p.m., Melvin Price Support Center in Granite City; 878-2124.

TOPS 11 645, 7 p.m., Anchorage Recreation Center, 2902 Edwards St., Granite City, 452-6102. Men and women welcome.

Wal-Mart Senior Citizens, bingo, 7:30 to 8:30 a.m.

Con sepa

ALTON — A separate cases would help to drug-fighting efforts, consultant said Tuesday. Alan Schuman, w...

parole program in with Madison County court as part of a la anti-drug efforts in

The program would work in law enforcement, health, probation and said a unified approach takes an addit to to days.

"This is not a sin Schuman said. "Pa hour after hour in preparing themselves solve family proble

Drug court judge assign people to the one-year period of frequent follow-up

Schuman said he Madison County State and Chief Criminal on the program and the first of the year.

He spoke Tuesday before the Madison Force. Ferguson out a drug court at the

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Suburban Journal

Consultant suggests separate drug court

ALTON — A separate court dedicated to drug cases would help treat addicts and unify drug-fighting efforts in Madison County, a top consultant said Tuesday.

Alan Schuman, who headed a probation and parole program in Washington, said he is working with Madison County officials to develop a drug court as part of a larger program to improve anti-drug efforts in the county.

The program would bring together people who work in law enforcement, public health, mental health, probation and family services. Schuman said a unified approach could cut the time it takes an addict to receive treatment from months to days.

"This is not a simple, little program," Schuman said. "Participants will have to spend hour after hour in counseling, learning life skills, preparing themselves for jobs, learning how to solve family problems. This is a tough program."

Drug court judges would be able to quickly assign people to the treatment program, a one-year period of intensive treatment and frequent follow-up visits with the court.

Schuman said he has been consulting with Madison County State's Attorney William Haine and Chief Criminal Judge Edward C. Ferguson on the program and hopes to have one started by the first of the year.

He spoke Tuesday during a panel discussion before the Madison County Drug Control Task Force. Ferguson outlined his idea for establishing a drug court at the task force's first meeting

earlier this month.

The task force was organized by the Madison County State's Attorney's Office.

Donald Sandridge, former Alton police chief and now head of an intensive probation team for the county, said he agrees such treatment programs can work for young drug offenders who are in legal trouble for the first time.

He said as a former police officer he was "shocked" to realize how many of the 600 young people in his program are having their first experience with the criminal justice system.

He said he also was surprised at the number of first-time offenders who have a sincere interest in getting "clean" and avoiding a life of crime.

Schuman said the drug court concept, which he is calling the Madison County Attack Program, would be the first in Illinois.

Schuman said funding for the program, which is expected to serve about 200 drug abusers at a time, is not certain. He said negotiations are going on for sources of money, but he declined to reveal further details.

Haine, who moderated the panel Tuesday, said it is the county's responsibility to obtain funding because the county provides the justice system.

Schuman said the program will also depend on cooperation and donation of in-kind services from health providers, judges, public defenders and existing treatment services.

— From the Alton Telegraph

Profile:

John Shimkus



Occupation: Madison County treasurer.

Hobbies: Really, politics is my hobby, although I like to do physical fitness activities, too.

Last book read: Tom Clancy's "Without Remorse"

Biggest accomplishment: My graduation from West Point is probably the thing I've done that I'm most proud of.

Biggest disappointment: My loss in the 1993 Congressional election

Most admired person: Some of my idols have fallen lately, but I'm not going to say who. Sometimes people you think are grounded in some ideology turn out to be self-interested, and that's very frustrating.

Favorite quote: My father always told me "Never quit."

In high school, people thought I was: I think I was well-respected. I was able to get along with everybody in all the different cliques and groups.

•Shimkus

(Continued from Page 1A)

But to a certain degree, Shimkus has tried to take the party lines out of county politics, and tries to work hand-in-hand with Democrats instead of butting heads.

On a wall in his office — decorated with certificates of achievement — he proudly displays a sticker from his 1994 re-election campaign which reads, "Democrats for Shimkus."

"That's something I'm really proud of," Shimkus said. "I believe the majority of the people in Madison County are conservative — even the Democrats — and I couldn't have been elected without their support."

While he enjoys his job in the treasurer's office, Shimkus said he has decided to try for Congress for several reasons.

"First of all, I was asked to run," Shimkus said. "Our national government is a republic, so when people told me they wanted me to run to be their Congressman, it made the decision (to run) easier."

"Second, the issue of the budget deficit is something I feel very strongly about. But another important factor is that my kids (David, 2, and Joshua, 4 months) are young enough that they won't miss any little league games or other activities while we're on the road campaigning. That may sound like a silly reason, but it's important to me."

The campaign for Congress is Shimkus' second — he lost to incumbent Richard Durbin in 1992. But he believes the experience will give him a better shot the second time around.

"Sometimes the ends don't justify the means when you're campaigning," Shimkus said. "I will not be dragged down by issues of politics, I'm just going to run on my record."

"I think nasty campaigns have had a terribly negative effect on our government. The best way to lead is by setting a good example."

But even if he loses the race for Congress, Shimkus said he would still consider himself a winner.

"I like my job as treasurer," Shimkus said. "The only negative of running for Congress is that if I win I would hate to leave."

Prostate screening Saturday

A prostate screening for men over 50 will be held from 9 a.m. to noon Saturday, Sept. 23, at St. Elizabeth Medical Center's Occupational Health Clinic, on the ground floor of the Wolf Medical Building, 2044 Madison Ave. in Granite City.

The screenings are \$5. Registration is required. To register, call SEMC's Training and Development Department at 798-3291.

According to information from the Prostate Cancer Education Council, 200,000 men developed prostate cancer in 1994, with a majority being African American. They estimated 38,000 men would die of prostate cancer. Both numbers are a significant increase over past figures.

Screening exams can detect the cancer in its early, curable stages.

"We are pleased to be able to offer a Prostate Specific Antigen (PSA) blood test as part of our screening," said screening coordinator Sue Watkins, R.N., BSN, CCRN, community education coordinator in SEMC's Training and Development Department. "This test is able to aid us in the early detection of prostate cancer."

The prostate gland is a doughnut-shaped organ located at the base of the bladder in males. As a normal part of the aging process, men over the age of 50 will experience some prostate problems. These problems can include benign enlargement, infection and cancer.

In August 1994, the American Cancer Society recommended that a yearly screening for men should include a PSA test, which should begin by age 50 for most men. The organization believes by combining the PSA test with an examination by a physician, more cancers should be detected at an earlier stage.

Until recently, the PSA test, which measures a protein produced only in the prostate gland, was used to monitor the progress of prostate cancer treatment. However, studies proved the test could detect prostate cancer in seemingly healthy men with no symptoms of prostate cancer. Before the PSA test, only about one out of three prostate cancers were found at the early, curable stage. The test, however, should not replace a yearly physical exam.



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Funds

(Continued from Page 1A)
to 18 law enforcement agencies in Illinois and Missouri. The police agencies had participated in drug conspiracy cases prosecuted by federal authorities in the past year.

Alton police reaped \$18,872 as a result of a yearlong drug investigation involving one of the city's biggest crack cocaine rings. Two Alton brothers, Darrell and Edward Womack, are serving time in federal prison along with three co-defendants as a result of the investigation.

Edwardsville police collected \$9,945 from a cocaine investigation that stretched from Springfield to the city. Two Edwardsville men, Joel Helms and Robert McDonald, were indicted in June and are awaiting trial. The investigation also led to the arrest of a Springfield man.

"We went down to the U.S. Attorney's Office today and

picked up our check personally," Edwardsville Director of Police Ben Dickmann said. "Ours was the result of an investigation that was initiated by us in December."

Edwardsville Lt. David Bradford said additional property forfeitures are pending.

"When forfeitures are handled properly like this, it's a good way to inhibit the activities of

drug dealers," Dickmann said. Bradford said the department will use the money to pay for future drug investigations.

The U.S. Attorney's Office has seized more than \$10 million and shared it with state, county and local police agencies since its equitable sharing program began in 1987. The latest round of awards resulted from \$572,309

in seized assets officially forfeited in June.

"The government automati-

cally takes 20 percent off the top and the remaining money is shared between the agencies

that worked the case," said Joel Merkel, a spokesman for the U.S. Attorney's Office.

Threat

(Continued from Page 1A)

and arrested Risinger, who had a loaded .380 caliber pistol. The other man was not charged, according to police.

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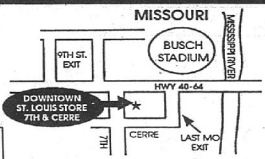
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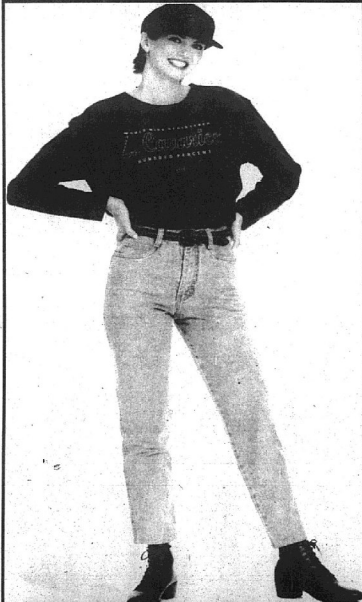
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State aid for compulsive gamblers lacks funding

SPRINGFIELD — Gov. Jim Edgar has signed legislation putting the Illinois Department of Alcoholism and Substance Abuse in charge of helping compulsive gamblers, but the state has yet to ante up.

"I support the principles of this bill," Edgar said in a message accompanying his approval. "However, no state dollars have been appropriated to implement this bill."

"I believe that funding for this bill should come from the riverboat industry, and I am asking you (lawmakers) to work with me in the next session to develop an appropriate funding mechanism to fully implement a compulsive gambling prevention program."

Eric Robinson, a spokesman for Edgar, said the governor does not have any specific funding proposals in mind. Last summer, lawmakers approved \$400,000 for the Illinois Gaming Board to assist problem gamblers. However, the board only recently started using the funds to award a contract to a private consulting firm to evaluate what services already exist in the state. The board also is expected to use some of the money to provide training for counselors.

The Gaming Board will cooperate and share information with the

Department of Alcoholism and Substance Abuse, said Marianne Floriano, a board representative, Monday.

Once money is provided, the department will be required to print signs listing a toll-free number for compulsive gambling help. The signs will have to be posted at every legalized gambling location, including lottery ticket sales agents, off-track betting parlors and racetracks, as well as riverboat casinos.

If funds are provided, the department will have to establish a comprehensive treatment program for compulsive gambling, the bill states.

Tom Green, a representative for the department, said the agency has made some contacts with the Illinois Council on Compulsive

Gambling but is waiting for funding before moving on the legislation.

— From the Alton Telegraph

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Late summer/early fall has always been the ideal time to plant. Why? The conditions are as close to perfect as it can get. The dwindling sunlight and cooler evenings provide optimum growing conditions for newly planted trees and shrubs. Plus, they're all on sale at Frank's!

Here are some planting tips to help get your new trees and shrubs off to the best possible start.

As with any project, preparation pays. The first step is to dig a hole at least three times wider, but only slightly deeper than the root ball. Replace up to a third of the soil removed from the hole with organic material, such as compost, well-rotted manure or peat moss. Sprinkle some bone meal in with it to ensure good root development.

Thoroughly mix all these amendments with the soil. This soil/amendment mix will be referred to as backfill.

If the plant is potted, remove it from its container, loosen the roots with your fingers, and set the plant in the hole. Make sure the plant is straight, then partially fill the hole with backfill. Soak the soil in the hole with water, and continue adding backfill until it is level with the surrounding soil.

It is extremely important to supply water from now until the ground freezes. This virtually ensures the plant will survive the upcoming winter. Here's where a little more preparation pays off.

Form a little moat by mounding soil in a ring around the planting area. Fill this basin two or three times when you water, allowing the water to soak down to the plant's roots each time. The soil should be kept moist the first couple of weeks after planting. If there is sufficient rainfall, the plant may not need extra water.

After the first two weeks, gradually decrease the amount of water the plant receives.

The new plant will need protection from cold injury, wind damage and all the

other harsh effects that winter brings. A mulch around the base of the plant will insulate the root system. We recommend Frank's Landscape Fabric, along with a decorative mulch covering such as bark nuggets.

Stake the trees to keep them from being blown around in the wind. Don't make the mistake of staking the tree too tightly. Newly-planted trees need to sway slightly in the breeze, but not excessively.

Balled and Burlapped
Planting these shrubs and trees is basically the same as container plants. Dig the same size hole and prepare the backfill as you would for the container plants. The biggest difference here is how you handle the root system. The roots of balled and burlapped plants are much more fragile than container plants, and they should not be loosened or otherwise disturbed. Cut the twine or wire wrapped around the base of the trunk or stem after you've placed the plant in the hole.

Don't remove the burlap from the root ball. Instead, pull it down around the sides of the root ball so no burlap will be above the soil level.

If the burlap is made of a synthetic material, it will have to be removed after you've positioned the plant in the hole.

When the planting's complete, follow the same watering and care guidelines as you would potted plants.

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Edgar's prison plan questioned

SPRINGFIELD — The union that represents state prison guards contends Gov. Jim Edgar's lease-purchase plan to build more cells is barred by a 1990 state law.

Some area legislators are also questioning the governor's claim that he can use the lease-purchase approach to bypass legislative oversight.

As he signed tough-in-sentencing legislation Sunday that is likely to swell state prison populations, Edgar proposed what he called the "innovative" approach of letting private builders put up prisons, with the state making lease-purchase payments on them over 20 years.

Edgar said he had to explore alternatives because House Democrats had blocked higher capital bond authorizations that would allow the state to raise the money needed to build more

"I think it's good procedure for the governor to let the Legislature participate in any dramatic departure from previous procedures."

— Vince Demuzio
State representative

prisons. American Federation of State, County and Municipal Employees spokesman Steve Trossman said Wednesday a 1990 private-prison moratorium clearly barred the approach Edgar proposed. He said the law bans "the ownership, operation or management of correctional facilities by for-profit contractors."

"I don't know how he could do it without getting the Legislature to change the law," Trossman said.

He said he wouldn't be surprised if either AFSCME or legislative Democrats filed suit to block Edgar's plan.

But Howard Peters, a former state Corrections Department chief and one of Edgar's top aides, disputed Trossman's contention.

Peters said the prisons would be owned by a trustee for privately issued bonds or certificates of participation and

not by the contractors who build them.

"The trustee would pay off the contractor and distribute the payments to the bondholders," he said.

Peters also questioned why AFSCME would oppose building more cells as quickly as possible, because "it is the overcrowded conditions that put their members at risk."

Trossman, however, said AFSCME wants Democrats and the governor's office to resolve their differences and approve the state bond authorization to build prisons in the traditional way.

Peters said the administration plans to have construction on new work camps and expansion of existing prisons under way in October, even before lawmakers return to session Nov. 1.

A site for a new 1,800-bed medium-security prison will be selected before the fall session, he said, although construction

bids probably won't be sought until at least January.

Sen. Vince Demuzio, D-Carlinville, and Rep. Jay Hoffman, D-Collinsville, both objected to Edgar bypassing the Legislature and questioned whether the governor's plan would save money.

"I think it's good procedure for the governor to let the Legislature participate in any dramatic departure from previous procedures," Demuzio said.

Even Republican Rep. Tom Ryder of Jerseyville expressed some reservations. "I think it is worth looking at, although I would prefer to use the customary method of financing these projects."

— From the Alton Telegraph

Hawaii beckons for fall retreat

The Hawaiian islands make for a great fall getaway. Altair Travel & Cruises has joined forces with the Suburban Journals and Tauck Tours for a 13-day Grand Tour of the islands of Oahu, Kauai, Hawaii and Maui.

The tour begins Oct. 17 and includes a leisurely three-night stay on each island.

Everything is included and carefully planned for the tour. Airfare and ground transportation are included, as are most meals and gratuities.

Tour participants will travel as a sponsored group with an experienced escort, who will be with the group when it leaves St. Louis. The escort for the Grand Tour of the Hawaiian Islands will be Caroline Muller.

Traditionally, the Grand Tour of the Hawaiian islands is a popular trip for people who want to celebrate a special occasion or make their one-and-only trip to Hawaii an unforgettable one.

Whatever the reason for traveling to Hawaii, the wild flowers and the welcoming aloha spirit make this trip a vacation of a lifetime.

The accommodations include the islands' finest hotels. Tauck Tours does not issue name tags or plastic bags, and participants are not marked as members of a tour group. Also, Tauck Tours does not issue meal vouchers — at mealtime travelers simply sign the check.

For more information on the Journal's Hawaii Grand Tour, call Altair at 988-9090.

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Friday, Sept. 1
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Monday, Sept. 4
Dinner for Labor Day.

Tuesday, Sept. 5
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Stephen Burdge, R.Ph.
William Connolly, R.Ph.

2 senators seek privatization of Social Security

By Bill Hunot
Social Security Administration

Two members of Congress are proposing replacing the U.S. Social Security system with a private investment plan supplemented by a government safety net for the poor.

U.S. Sen. Alan Simpson, R-Wyo., who with Sen. Robert Kerrey, D-Nebr., is sponsoring the privatization bill, says he is not trying to dismantle Social Security. He instead is attempting to restore long-term financial soundness and public confidence in the program, he says.

Simpson cites the "1995 Report of the Trustees of Social Security" in warning that something must be done to prevent the program's bankruptcy, which is projected to happen in 2031. He proposes the partial privatization of the system over an increase in the retirement age, tax increases and other proposals designed to keep the program fiscally sound.

His proposal would establish voluntary personal investment plans which would be funded by a decrease of 2 percent in Social Security payroll taxes.

Supporters of the Simpson-Kerrey plan point to studies that show private investments outperforming Social Security when retirement

income is compared to money paid into the system.

They also cite Chile as an example of a successfully privatized social security system.

Critics of the Simpson-Kerrey proposal point out that the U.S. Social Security system has an obligation to pay benefits to workers who have paid into the system for the last 36 years. Government safety nets (also welfare programs) also cost money, they say. If today's workers have to fund their own retirement — and one takes into account the retirement of people already on Social Security, plus additional welfare recipients — privatization could result in lower take-home pay for the average employee, critics say.

The Chilean social security system had a couple of advantages over the United States in converting to a private system. At the time of the privatization, the Chilean government had huge general-revenue surpluses which were diverted to its social security system to help pay benefits during the transition period.

In contrast, the United States has hundreds of billions of dollars in deficits each year.

Also, at the time of the conversion, all Chilean workers received a government mandated 18 percent pay raise which took the sting out of increased payroll deductions. I don't expect that step would gain much support in the U.S. Congress.

Although studies show that private investment of an individual's

Social Security taxes would result in a higher retirement income, those studies assume that all U.S. Social Security payroll taxes are used to pay retirement benefits. They are not.

Social Security payroll taxes also pay for survivors and disability benefits for workers and their families.

One other point to consider before one jumps on the privatization bandwagon: The administrative costs of a partially privatized personal savings plan with a government safety net are likely to be very high.

The U.S. Social Security system spends less than 1 percent of taxes on administrative expenses for its retirement and survivors programs. The Chilean plan spends 13 percent.

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Granite's Mark M.
Peoria keeper Ke

**Lady V
ready
volley**

By Rob Raphael
Staff writer

At the end of last
leyball season, Lady
coach Cindy Ga
already thinking
year.

"I might go with
do, just let Denise
set everyone up,"
last November.
think about where
and develop their str
work on their weak
can be a much better
year."

Bingo. As the 10
approaches, everyth
said last fall
appears to be
falling into
shape. She is
going to go
with a 5-1
offense, as
McMillan, a
5-foot-7 senior,
will be the set-
ter for a poten-
tially great
group of hit-
ters.

Apparently, the kid
quite a bit about
were and what they
do. Several return
attended off-season
everyone reported
eager and ready to go.

Overall, the num
volleyball are down.
said that just mean
realize they need't
the commitment to
isn't there.

**Pile on — Gra
tries to break thro**

SOFTBALL

1996 Metro East softball
teams forming for seri-
ous players.

Page 2B



Warriors win soccer season opener 2-0



(Staff photo by JOHN FRESE)

Granite City's Mark Mendenhall (22) tries to put the ball past Peoria keeper Kevin Kalus. The shot went wide.

By Rob Raphael
Staff writer

It wasn't the prettiest Warrior soccer game that the fans at the Gauntlet will see this year, but it was a good way to begin the season, as Granite City tamed Peoria Richwoods 2-0 Saturday in the season opener for both teams.

Richwoods came out to play physical on Saturday, and the result was a choppy, uneven affair that saw the Warriors come out on top, thanks to two slick first-half goals and a solid Warrior defense.

Mark Mendenhall and Corey Wallace scored the first two Warrior tallies of the season, and Richwoods had very few

opportunities at the Granite City net.

"We're happy with the win," said Warrior coach Gene Baker. "We defended very well, and they really had only the one good scoring chance. And Jeremy Smith made an excellent save on that one."

The Warriors' looked to be in mid-season form on their first goal. Mendenhall was scraping his way into position as Justin Bernaix struck a free-kick 10 yards outside the penalty area.

Bernaix curled a right-footed cross into the box, and with two players draped over him, Mendenhall leaped and let the ball glance off the top of his head. The redirection bounced perfectly into the top right corner of the Knights' goal past keeper Kevin Kalus at the 9:39 mark of the first half.

Granite City's second goal was nearly as impressive. Justin McMillan gathered the ball on the far right wing, and appeared ready to take on defender Jeff Vanek one-on-one. Instead, he spotted Wallace running into the box, and he sent a perfect cross that Wallace one-timed with his right foot to beat Kalus into the bottom right corner.

"The two goals they scored (See SOCCER, Page 2B)



(Staff photo by JOHN FRESE)

Warrior forward Buddy Prazma (23) battles Peoria Richwood defender Tyson Crist. Granite City plays host to Alton Marquette at 5:30 p.m. Thursday after a solid opening-game effort.

Lady Warriors ready and set for volleyball season

By Rob Raphael
Staff writer

At the end of last year's volleyball season, Lady Warriors coach Cindy Gagich was already thinking about this year.

"I might go with five hitters, and just let Denise (McMillan) set everyone up," Gagich said last November. "If the kids think about where they are now, and develop their strengths and work on their weaknesses, we can be a much better team next year."

Bingo. As the 1995 season approaches, everything Gagich said last fall appears to be falling into shape. She is going to go with a 5-1 offense, as McMillan, a 5-foot-7 senior, will be the setter for a potentially great group of hitters.

Apparently, the kids did think quite a bit about where they were and what they needed to do. Several returning players attended off-season camps, and everyone reported to practice eager and ready to go.

Overall, the numbers out for volleyball are down, but Gagich said that just means students realize they needn't come out if the commitment to volleyball isn't there.

"The kids are getting the word that this is a 100-percent program. The kids that did come out for the team have made the choice and the commitment. They know the expectations. They are paying the price and doing what it takes. I'm excited."

Gagich enters her fifth season as the Lady Warriors' varsity coach, and Ruth Layton and Debbie Germann will each return to coach the junior varsity and freshman teams, respectively.

McMillan was a second-team Southwestern Conference choice last year. With her doing the bulk of the setting chores, the only question for opposing teams is which Lady Warrior is going to strike the ball.

Leading the list of middle hitters is Jennifer Willis, a 5-10 senior who gives blockers fits with her quick, left-handed arm swing.

Willis was a first-team conference pick last year as a junior, and she spent her second straight summer playing for the St. Charles Volleyball Club.

Also returning for her junior year is Stephanie Brandt, a 5-11 middle hitter who should be even stronger and more agile this year.

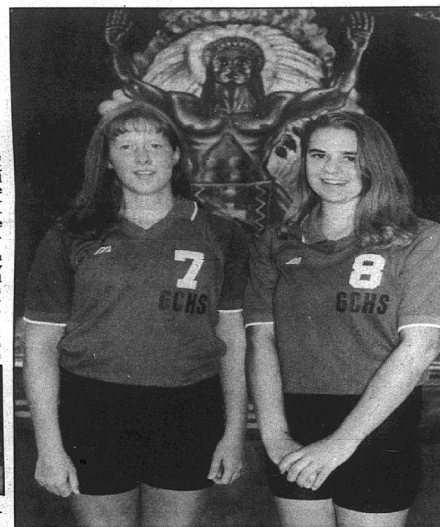
Five other seniors are on the (See VOLLEYBALL, Page 2B)



Willis



Brandt



(Staff photo by JOHN FRESE)

Granite City Lady Warrior volleyball captains Denise McMillan (left) and Jill Wozniak. McMillan was a second-team Southwestern Conference choice last year. Warrior coach Cindy Gagich has her doing the bulk of setting chores. Wozniak will play outside and also back up McMillan as setter. Many of the Lady Warriors practiced individually this past summer.

Granite City's Selliers is tough, spirited lineman

By Rob Raphael
Staff writer

No doubt, the Warriors are tired of losing. Anyone who saw their effort Friday against Cahokia knows how badly Granite City tried to win that football game.

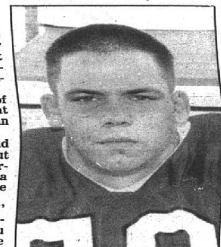
But no one is more sick of losing — and more confident that it's about to come to an end — than John Selliers.

Selliers, a 6-foot, 215-pound lineman, played his heart out along with many of the Warriors Friday, and he said it's a different atmosphere on the Granite City sideline this year.

"We felt bad about that loss," he said of the 12-10 score Friday. "But there's not much you can do when a team throws the ball up for grabs and it's completed. It happens to the best teams, and the worst. It'll never happen to us again, I know that."

"But nobody blamed anybody else for anything, which is like it was last year. We don't have any great individual players, we just try to play as a team. We all stand behind each other and we pick each other up."

Selliers was part of a defensive squad that, after the first couple of Cahokia runs, pretty much shut down an explosive Comanche team. But it all went for naught, as Cahokia's Robert Rose caught a 27-yard pass



John Selliers

from Byron Gettis on fourth-and-ten late in the fourth quarter.

"We never quit," said Selliers. "But we still learned that you never know what's going to happen in a game, so you have to keep working until the end."

Selliers also got his bell rung during the game, and he didn't like it. "I'm not sure what happened; I just know that I got tripped Comanche team. But it all went for naught, as Cahokia's Robert Rose caught a 27-yard pass (See SELLERS, Page 2B)

SIUE women's soccer has talent, experience

Southern Illinois University at Edwardsville coach Brian Korbesmeyer and his experienced women's soccer team will make a splash into the Great Lakes Valley Conference (GLVC) this season.

With eight returning starters — several of whom played together in the 1993 NCAA Quarterfinals — and several talented recruits, experience will be the key to their season.

"Having experienced players should cut down on mistakes. That should lead to a winning season," said Korbesmeyer.

LAST SEASON, after a slow start due to injuries, the women's team finished with an outstanding 9-3-4 record, which broke the school record for most ties in a season and fewest number of losses.

Korbesmeyer is looking forward to the tournament in the Cougars' inaugural GLVC season. Several of SIUE's traditional foes are in the conference, including Quincy University, University of Wisconsin-Parkside, St. Joseph's College and Lewis University.

Lori Wieser, a senior from St. Louis (Hazelwood East), led SIUE last season with 24 points, including nine goals and six assists. Wieser stands at No. 7 for career points (50), No. 8 in career goals (19) and tied at No. 5 for career assists (12). This season, she will attempt to switch from forward to back to lend her experience and offensive skills to the backfield.

DESPITE SITTING OUT FIVE GAMES due to injury, senior Vicki Zimmerman of St. Louis (Dubourg) followed closely behind Wieser with 10 goals and three assists for 23 points. Junior St. Louisans Joan Wacker (Aquinas-Mercy) and Stacy Bunden (Lutheran South) each had three goals.

In the midfield, Shannon Murphy of Roselle looks forward to the starting position after two years of being a part-time starter. Senior Becky Thompson of Collinsville High School hopes for a starting assignment in the midfield.

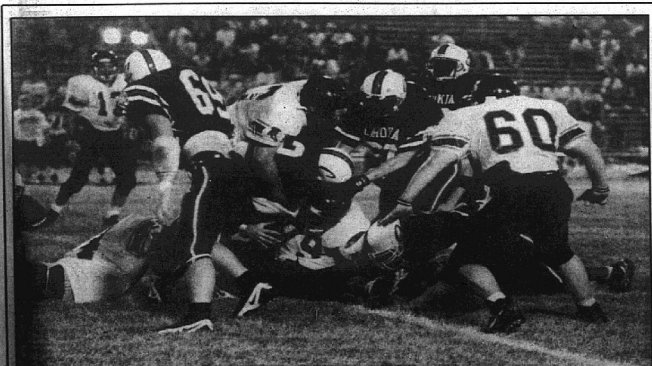
Due to her versatility and injuries to her teammates, Thompson spent time as a forward, midfielder and back.

Lynda Stehlik of Palmer, Alaska suffered from an ankle injury last season, but Korbesmeyer notes she is back to full strength.

ALONG WITH EXPERIENCE, it is helpful to have a strong goalkeeper. That's where Granite City's Stephanie Kult comes in.

"A star on the horizon ready to burst into the national scene," is how Korbesmeyer describes Kult, a junior.

Kult had 112 saves last year with a 1.35 goals against average. (See SIUE, Page 2B)



(Staff photo by PAM DOEPKE-HURDI)

File on — Granite City Warrior defensive line tackles Cahokia running back James McGee as he tries to break through last Friday. Granite lost, 13-10.

Sprint Cars at Tri-City Sept. 3

The USAC Sprint Car Series comes to Granite City this weekend, as Tri-City Speedway will welcome USAC and ESPN this Sunday, Sept. 3.

The USAC Series is a part of ESPN's Thursday Night Thunder program, which airs each week on the sports network.

Tri-City will also welcome the voice of ESPN Thunder, Gary Lee, to call the wheel-to-wheel sprint car action during the USAC race on Tri-City's lightning-fast 1/4-mile track.

Tony Stewart, the current points leader, heads the list of over 30 drivers entered Sunday. The list also includes all of the top ten races currently in the top ten of the USAC points standings.

Chasing Stewart are title contenders Eric Gordon, '94 champion Doug Kalitta and crowd favorite Jack Hewitt. Hewitt won the last USAC race at Granite City, on Aug. 31, 1991.

The winner of the 30-lap main event will collect \$4,000 from the posted prize money.

Spectator gates open at (See CARS, Page 2B)

Sports shorts

MCGSA looking for players
The Madison County Girls Soccer Association is looking for interested girls to play in the fall league this year. The season begins on Sept. 5.

The teams range from age 5 to 12-and-under. Several of the teams in the association are looking for players. Players who wish to tryout for any of the teams should get a copy of their birth certificate.
For more information, call 876-7480.

Alton baseball leagues
Individuals and teams are needed for the Alton Fall Baseball League, which will play at Gordon Moore Park in Alton. The league is designed for players entering grades 9-12, and is open to any players in the St. Louis or Metro East area.

Games will be played on Sundays for eight weeks, beginning Sept. 10, 1995. Deadline for registration is Thursday, Aug. 31. This league has special speed-up rules, and is designed to improve individual skills of the players. The league is not concerned about wins or losses; only that all the players be given an opportunity to play baseball.

Registration fees are \$30 per individual and \$300 per team. For more information, call the Alton Park Recreation Department at 463-3580.

Rattlers 14-and-under tryouts
The 14-and-under St. Louis Rattlers girls fast-pitch softball team will be holding tryouts for the 1996 season on Sept. 9.

The tryouts are for girls born after Aug. 31, 1981. For information, call Kirk at 314-838-1889 or Ron at 314-838-0879.

Sluggers tryouts
Tryouts for the St. Louis Sluggers 11-and-under and 12-and-under teams for the 1996 season will take place through the month of August.

Interested girls must be born after Aug. 31, 1983. For more information, along with the times and places of the tryouts, call John at 314-527-6004 or Mike

at 314-532-3218.
The Sluggers are also taking entrants in the 14-and-under and 16-and-under teams. The 14-and-under team is for girls born after Aug. 31, 1981. For more information on that team, call John Conway at 314-527-6004.

The 16-and-under team will hold tryouts for girls born after Aug. 31, 1979. For information on that team, call Mike Cosgrove at 314-532-7560.

Lightning tryouts
The 10-and-under St. Louis Lightning girls fast-pitch softball team will conduct tryouts throughout the month of August for girls born after Aug. 31, 1985. The tryouts are open to all girls in the St. Louis metro area.

For more information, call Don Leeker at 314-576-5551.

18-and-over Metro team
A Metro East women's 18-and-over fast-pitch softball team will be forming for the 1996 softball season. There are openings available for most positions, but serious players only should inquire.
For more information, call Julie at 800-272-8814.

Baseball lessons offered
Ric Lessman, head baseball coach of Washington University in St. Louis, will be conducting instructional baseball pitching lessons every Wednesday evening in Glen Carbon, beginning on Sept. 13, 1995.

The lessons will be one hour long, and they will run through March of 1996. Every fifth Wednesday will be devoted to hitting instruction. The cost of the lessons is \$8 per session. The lessons are open to youth 8 years and older who have a desire to learn throwing and pitching techniques. Registration is limited. For more information, call Keith at 692-9805.

Men's flag football league
The Budweiser USFTL Flag Football fall session is approaching, and play will begin on Sept. 10 and run through Nov. 12. For more information, call Keith at 692-9805.

da Witter of Granite City will be a big part of that strength. Witter should be regarded as one of the hardest playing backs in the conference.

The Cougars will rely on Nicole Weller of St. Louis (Nerinx Hall) to mark the opponents' best forward. Kerri Sorenson of Springfield will contribute her speed to the backfield.

There are several recruits who show lots of strength and

in Belleville.
Teams in the league play for trophies and a paid trip to the national championships, which will be held in New Orleans, La. on New Year's Day. For more information on registering, call 347-4060.

Gus Macker registration
Registration forms are now available at the Collinsville Area Recreation District for the Gus Macker 3-on-3 basketball tournament.

The tournament is slated for Sept. 2-3 at the Gateway Center in Collinsville. The fee is \$80 per team and teams must have four people per team. For more information, call 346-7523.

Hall open Labor Day
Les Thompson, chairman of the GC Hall of Fame committee, has announced that the Hall of Fame will be open to the public from 11:30 a.m. to 2 p.m. on Labor Day, Sept. 4, 1995.

Thompson said the Hall is constantly adding memorabilia to the facility, and the public is invited to view the hundreds of exhibits on display. When the Labor Day parade ends, the Hall will be open.

The multi-purpose building is located on Fehling Road adjacent to the Warrior football field.
O'Fallon Power '84
The O'Fallon Power '84, a soccer team for boys under 12 years old, needs players for the upcoming fall season. The team is open to boys born after Aug. 31, 1984. (See SHORTS, Page 3B)

Cars

(Continued from Page 1B)
5 p.m., and time trials begin at 7. Racing starts at 8.

Reserved seats are \$16, and they can be obtained by calling Racetrack at 314-469-9666. General admission seating is \$15 for adults, and \$7 for children 12 and under.

Tri-City Speedway is located 1/2 mile south of I-270 on Illinois Route 208. For race line information, call 314-947-7287.

will by trying for starting position, and many of them are also from the Metro East area. Kelly Bruns of Collinsville (Triad) was named all-conference and team most valuable player in her senior year, and she will be trying to secure a starting position in the midfield.

Katie Pilfer of O'Fallon should be an asset to the team in the backfield. Pilfer helped lead O'Fallon to a 23-1 record last season.

Sellers

(Continued from Page 1B)
I came to I couldn't hardly breathe. "I'm not for sure who hit me, but they were definitely wearing blue. It was a cheap shot, and it made me very upset. I was ready to go back in and kill somebody."

That street-fighter mentality is what makes Sellers a special football player, according to Warriors head coach Don Harris.
"I couldn't keep him out," he said of Sellers' brief injury on Friday. "He loves to play, and he's always on the field. He's like the old-time middle linebacker; whether it's in a game or in drill, he's the first one to line up."

He loves the contact and the aggressiveness of football," Sellers, of course, is also a fine wrestler, and although the two sports have many of the same qualities, he said there's nothing like wrestling practice.

"There are things I like about both sports," he said. "But wrestling practice is the worst thing in the world. This year, the two-a-days in the heat were pretty bad. That's the hardest football practice I have ever been to."

Volleyball

(Continued from Page 1B)
GCES roster, and they form the bulk of the outside hitting position. Jill Wozniak (5-6) will play outside and also back McMillan at setter; and Danielle Lehne (6-6) will alternate between the outside and the middle.

Tara Wiebusch (5-6) will hit mainly from the outside; and Bari Baum (5-4) and Connie Rippe (5-3) will be expected to provide solid defense.

Besides Brandt, three other juniors will start the season on the varsity roster, and all three will be hitters. Lisa Cuvor (5-6) can switch between the outside and the middle; and Tonia Druhe (5-4) and Amy Tapp (5-9) will hit from the outside.
Two sophomores have made the varsity team: Laurie Bohnenstehl (5-5) will play at set-

Sellers said the Warriors are a much-improved team over last year, and he'll be glad when the team wins a few games.

"All we want to do is win. We're tired of hearing people asking us when we are going to win. Anybody who saw us play last week knows we played hard, but some people say that that doesn't count. We keep telling people that we're good, but we're going to have to go out and prove it."

Next up for the Warriors are the O'Fallon Panthers, who drilled Mascoutah Saturday 39-0. The Panthers went to the state playoffs last season, but Sellers is not impressed.

"If they think they're just going to run over us, they're going to be in for a surprise," he said. "I know their best running back, and he's not that good. You hit him low, and he'll go down."

"We can beat those guys, and I think we will. I would like to see us make it to the playoffs. That would shut a few of those people up."

"I'm proud of the way they played Friday," Harris said. "But we can't be content with just playing hard anymore; we have to play that way every week and still improve each time out."

match against Civic Memorial. Also on the docket this season is the second-ever Granite City Fall Classic tournament, to be held this year on Sept. 15-16. For the first time, the freshman will have a tournament of their own, an invitational tournament to be held on Saturday, Sept. 23.

The Lady Warriors finished third in the conference last year, a feat which will be tough to repeat. Belleville East, West and East St. Louis all promise to field excellent teams again this fall.

With both teams tired of the second half, the scoring chances were few and far between. But the Warriors did have a couple of good chances in the final 15 minutes.
McMillan, who played well despite a minor injury, was stopped by Kalus on a header in the 67th minute; and Steve Logan was also robbed after a tremendous 40-yard run in the 70th minute.

The Knights' best chance came in the 73rd minute, when their big junior midfielder Scott Love brought down a pass with a left foot and fired a rocket low and to the right of Smith. But Smith made a tough save look

good way to start the year."

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easy as he caught the low line drive.

"I think we learned a lot today," Macomber said. "We have to be more patient in the future, especially against a good team like this. But I saw a lot of good things out there."

"I thought the players showed a lot of guts out there," said Baker. "The main thing I didn't see were diagonal runs, but those will be there in the next game."

The Warriors play at home Thursday against Alton Matinee at 5 p.m. That game does not appear on the original Warriors' schedule.

STUE

(Continued from Page 1B)

and posted five shutouts. She is currently in second place for career saves (24).

Kult's backup, freshman Stacy Wade of Rochester, comes to STUE highly regarded. As a top goalie in the Springfield area, she should add needed depth to that position.

The strength of the backfield this season should make the goalies' jobs easier; and Aman-

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(Continued from Page 2B)

Senior Olympics approaching. The 1995 Southwestern Illinois Regional Senior Olympics will be held Sept. 7-10 in the Edwardsville and Belleville area. There will be over 30 athletic events planned for men and women 50 years of age or older. No previous athletic qualifications are required for participation.

Interested contestants must be 50 or over by Sept. 7, be in good physical health with physician's approval, be actively training in their events and sign a waiver of liability on the

Participants in the event which is sponsored by the Unity Health Network, should check in at the Office of Continuing Education, Room 1330 in the Rendleman Building on the campus of Southern Illinois University at Edwardsville between 8 a.m. and 4 p.m. on Sept. 6 or 7.

Old timers softball game
The 10th annual old timers softball game will be held at 2 p.m. Sunday, Sept. 10 at Southside Park in Belleville.

Admission is free, but donations will be accepted for the Hospice of Southern Illinois, Inc. The event features a game (Bombers vs. All-Stars), a home run derby, a barbershop quartet and a moment of silence for deceased players. There will also be attendance prizes. Rain date is Sept. 17.

St. Louis Raiders
The St. Louis Raiders 18-under girls fastpitch softball team is holding tryouts for the 1996 season. For more information, call Jim at (314) 458-3921.

Budweiser flag football
The Budweiser USFTL Flag Football League will hold its fall session Sept. 10 through Nov. 12 on Sunday afternoons at North End Park in Belleville. Teams play for trophies and a paid trip to the national championships. Call 277-4090.



(Staff photo by PAM DOEPKE-HURD)

Break away — Warrior Jeremy Hoback (12) makes a run after an interception in the first half of last Friday's game against Cahokia. Granite lost, 13-10. See page 1B for related story.

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WHITEWALL		WHITEWALL		WHITEWALL		P185/75R14		WHITEWALL		MERIT BLACKWALL		Raised White Letters		LT195/75R14/6	
P165/80R13	\$30	P165/80R13	\$41	P165/80R13	\$50	P165/75R14	W/W \$67	P205/70R14	\$83	P205/75R14	\$40	P205/75R14	\$59	P205/75R14/6	\$83
P175/80R13	37	P165/80R13	45	P165/80R13	54	P205/75R14	W/W 73	P215/70R14	90	155R13	13	31x11.5S15/4	108	LT235/75R15/6	104
P185/80R13	39	P175/80R13	46	P175/80R13	53	P215/75R14	W/W 83	P215/70R15	90	155R13	13	31x11.5S15/5	115	31x11.5S15/5	115
P185/75R14	41	P185/75R14	51	P185/75R14	57	P185/70R14	W/W 87	P185/70R15	87	155R13	13	31x10.9S15/4	124	31x11.5S15/6	124
P195/75R14	43	P205/75R14	52	P175/75R14	59	P195/70R14	W/W 73	BLACKWALL	66	155R13	13	31x10.9S15/5	124	LT235/75R14/6	125
P205/75R14	45	P205/75R14	53	P185/75R14	60	P215/70R14	W/W 74	P185/70R14	74	155R13	13	31x10.5S15/4	125	LT235/85R16/10	125
P205/75R15	46	P215/75R14	54	P195/75R14	61	P215/75R15	W/W 79	P195/70R14	77	175/70SR13	48	LT235/85R16/10	125	7.50R16/8	122
P215/75R15	47	P205/75R15	55	P205/75R14	62	P215/70R15	W/W 82	P205/70R14	83	175/70SR13	48	LT235/75R16/8	105	LT235/75R16/8	114
P215/75R15	48	P215/75R15	56	P215/75R14	63	P215/75R14	W/W 87	P215/70R15	87	185/70SR14	51	LT235/75R16/8	105	LT235/75R16/8	114
P215/75R15	49	P225/75R15	57	P225/75R14	64	P175/65R14	BLK 65	P215/70R15	87	185/70SR14	51	Tread Design May Vary		LT265/75R16/6	125
P205/75R15	46	P225/75R15	58	P195/75R16	65	P195/65R14	BLK 69	P205/65R15	87	195/70SR14	53	We Stock Lawn & Garden, ATV & Boat Trailer Tires		LT265/85R16/8	141
P215/75R15	47	P185/70R16	60	P205/75R16	66	P195/65R14	BLK 69	P215/65R15	87	205/70SR14	56			7.5R16/5.8	117
P215/75R15	48	P205/70R16	62	P215/75R16	67	P215/65R16	BLK 80	P215/65R15	90					9.5R16/5.8	129
P215/75R15	49	P215/75R16	63	P225/75R16	68	P225/65R16	BLK 85	P225/65R16	107					31x12.5S16/8	137
		P225/75R16	65	P225/75R16	73	P225/65R16	BLK 85								

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	P215/70SR14	65		195/65HR14	66		225/60VR16	106	
	P225/70SR15	69		185/65SR15	65		195/50VR17	107	
	P255/70SR15	80		195/65SR17	67		205/50VR15	124	
	P215/65SR15	67		185/60HR15	53		225/50VR14	144	
	P215/60HR14	67		185/60HR14	59		205/50VR16	137	
	P235/60SR15	75		205/60HR16	68		225/50VR16	152	
PERFORMERS	P275/60SR15	88	PERFORMERS	205/60HR15	66	PERFORMERS	P245/50ZR16	164	
				205/60VR15	72		P205/55ZR16	144	
				215/60HR15	74		225/55ZR16	165	
				225/60HR15	77				

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Birth

Gabriella Toro
Salvador and Diane Toro of Alton have announced the birth of their second child, a daughter.
Gabriella Lynn Toro was born Aug. 14, 1995, at St. Elizabeth Medical Center and weighed 7 pounds.
The mother is the former

Diane Lynn Martinez.
Maternal grandparents are Joseph and Agnes Martinez of Alton. Paternal grandparents are Tony and Elena Bodi of Granite City.
Gabriella joins Salvador Toro III, 7.

Megan Melton
Lynette R. Melton of Granite

City has announced the birth of her first child, a daughter.
Megan Elise Melton was born at 5:06 p.m. Aug. 9, 1995, at St. Elizabeth Medical Center and weighed 7 pounds, 3 ounces.

Her grandparents are David and Earlene Melton of Edwardsville.

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Women's Health Seminar

Saturday, Sept. 16, 1995

Sunset Hills Country Club, Edwardsville, Ill.
from 8:30 a.m. to 1 p.m.

Topics include:

Female Cancers, Endometriosis,
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Faculty:

Gerard J. Malnar, MD; J. Hoon Kim, MD;
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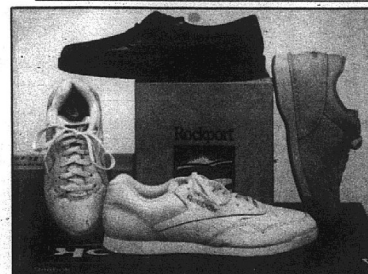
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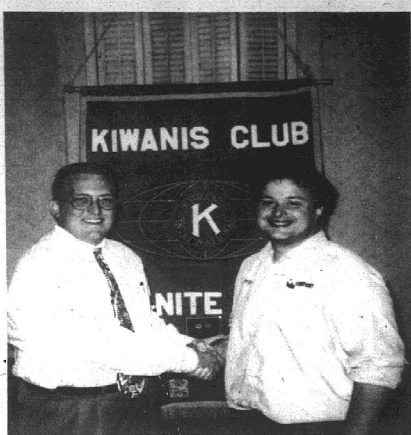
12:00 noon
7:00-8:00 pm
8:30-10:00 pm
10:00 pm

9:00 am
10:00-11:00 am
10:30-11:30 am

11:00-11:30 pm
11:35-12:30 pm
12:30-1:30 pm
1:30-2:30 pm
2:30-3:30 pm

12:30-1:30 pm
1:30-2:30 pm
2:30-3:00 pm
3:00-6:00 pm
5:00-6:00 pm
5:30-6:30 pm
6:00-7:00 pm

New member — Dr. Jason Strotheide, left, president of the Granite City Kiwanis Club welcomes Jerry Harrington, Jr. of Comfort Air Conditioning and Heating into Kiwanis membership. Kiwanis Clubs sponsor community service projects under the motto "We Build." Last year Kiwanis clubs raised and spent more than \$65 million on community service activities, with a special emphasis on meeting the needs of young children. The Granite City Club gave away over \$4,700 last year, with the majority of the funds benefiting people here in our community. Kiwanis members worldwide also donated more than 22 million volunteer hours to these service activities. The Granite City Kiwanis Club meets every Tuesday morning at 7:30 am at Shoney's Restaurant. Interested individuals are welcome to gain firsthand information about the Kiwanis at these meetings.



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Raffle to benefit ISO

More than 30,000 Illinois Special Olympics (ISO) athletes will reap the rewards of a summertime raffle to help fund sports training and competition in the state.

For \$2, anyone 18 years or older can buy a chance to own a 1995 Michael Jordan "45" Limited Edition Chevy Blazer while supporting ISO.

The Blazer is on display at the Six Flags theme park in Gurnee through Labor Day, and the name of the new owner of the vehicle will be drawn Sept. 8.

Tickets to support Special Olympics and win a Michael Jordan "45" Limited Edition Chevy Blazer can be purchased at Six Flags or by contacting any local Special Olympics office. For Clinton, Madison, Monroe and St. Clair Counties contact Shirley Bellin, (618) 654-9006 or call the State Office at 1-800-552-6476.

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Join us for some Healthy Conversation

with

Harvey L. Mirly, M.D.

PROGRAM

Healthy Conversation provides an opportunity for you to talk with a medical specialist about various health and wellness issues that affect you.

Dr. Mirly, an orthopedic surgeon specializing in hand and upper extremity surgery, will discuss:

- Arthritic conditions, carpal tunnel and other overuse syndromes of the shoulder, elbow and hand.

INFORMATION

Attendance is limited to 35 people. Advance registration is required; reservations can be made by calling Memorial's Community Relations Department at 257-5649.



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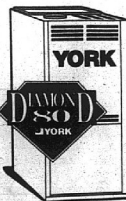
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WOOD RIVER TOWNSHIP HOSPITAL COMMUNITY REPORT

President's report



Jerry Bolandis

WRTH hits a home run with new services

We are proud this month to announce that WRTH is bringing another high-quality service from St. Louis University Health Sciences Center to our area.

The gastroenterology division at St. Louis University will see patients on a weekly basis at our hospital. They will perform many basic procedures right here at WRTH and will refer some specialized services to the excellent facilities at St. Louis University Health

"The community response to our new services has been tremendous."

Sciences Center.

Gastroenterology is the third major service we have brought here from St. Louis University: cardiology and orthopedics being the first two. The overwhelming community response to these new services has made us feel as if we've hit a home run.

Speaking of home runs, the WRTH softball team extended their undefeated record to 50-0. In those games, they have defeated their outscored opponents 119-8. Congratulations to the entire team.



Dr. Zachary and Dr. Bacon of the gastroenterology division at St. Louis University Health Sciences Center.

SLU gastroenterology clinic latest in line of new services

Wood River Township Hospital and St. Louis University Health Sciences Center are teaming up once again to bring an important new service to the Riverbend area. SLU's gastroenterology division will offer a weekly clinic on Mondays at WRTH to see patients suffering from abdominal pain, ulcers, esophageal reflux, chronic diarrhea, gastritis, colon cancer and other diseases of the gastrointestinal system.

SLU's highly regarded gastrointestinal team will examine patients and perform basic diagnostic services at Wood River, including endoscopy procedures. Patients needing specialized services may be referred to St. Louis University Health Sciences Center.

Hospital president Jerry Bolandis said, "This is another step in our goal of bringing some of this region's top specialists to practice right here in our community. We are proud to add this outstanding team of physicians to our medical staff."

Dr. Bruce Bacon, the Director of the Gastroenterology and Hepatology Division

at SLU said that his team was looking forward to expanding the scope of their services to Madison County. This is a great opportunity for us to expand our base. Our goal is to bring specialized care to a community which doesn't have it now.

Dr. Bacon is a highly regarded physician, teacher and researcher and is considered one of the region's leading liver specialists. He is a member of the American Liver Foundation and chairs their Physician Education Committee.

Dr. Paul Zachary, Jr. will be one of the main physicians staffing the clinic at Wood River Township Hospital. Dr. Zachary has a special interest in the area of inflammatory bowel diseases, including Crohn's disease and ulcerative colitis. He also has studied esophageal reflux and ulcers.

Dr. Bruce Luxon and Dr. Michael Presti round out the team at the clinic.

Patients may be referred by a personal physician, but a referral is not required. Call 251-7570 for an appointment.

A guide to services offered by Wood River Township Hospital

Medco Ambulance The Medco team delivers the highest quality paramedic service to your doorstep.

Emergency Room Staffed 24 hours a day by skilled trauma doctors provided by EMC of St. Louis, our experienced team is ready to swing into action to meet any emergency.

Healthy Moms, Healthy Kids This innovative program helps connect young mothers to prenatal and postnatal health care, as well as immunizations and early childhood care for infants up to three years of age.

Hospice Hospice offers support and assistance for terminally ill patients and their families.

The Madison County Health Center This community clinic offers primary care for both adults and children.

St. Louis University Clinics WRTH and St. Louis University Health Sciences Center have teamed up to offer cardiology, orthopedic and gastroenterology services. Nationally recognized physicians from SLU offer weekly clinics right here at WRTH.

SSM Rehabilitation SSM—Missouri's largest provider of rehab services—manages the Hospital's newly remodeled, state-of-the-art rehabilitation center.

Psychiatric Unit WRTH's psychiatric unit helps patients cope with mental illnesses.

Flexcare WRTH offers private, confidential treatment to help patients beat substance abuse and chemical dependency.

A continuum of care WRTH offers a full array of acute care units, including intensive care, maternity care, and both in-patient and out-patient surgery. Patients continue their care in our skilled nursing, physical therapy and rehabilitation units.

High-tech services We're committed to offering the latest technology in our laboratory and radiology department, including the region's fastest CAT Scan, a brand-new mammography suite and new nuclear medicine equipment.

It's school physical time again

It's school physical time again and the pediatricians at The Madison County Health Center are ready to help parents get children off to school with a healthy start.

Dr. Jesse Lobb, who recently opened her practice at the Center, is taking the lead in performing the exams. She is joined by Dr. Angela Jones and Dr. Raemma Parades.

Dr. Rosemary Cannistraro's style wins praise from new patients

Dr. Rosemary Cannistraro, who began her practice at The Madison County Health Center in July, is winning praise from her new patients for her winning style.

Thorough, caring, enthusiastic, and warm are some of the adjectives patients are used to describe her.

Dr. Cannistraro takes the time to listen to patients and to carefully explain any treatments she prescribes.

It is not uncommon for her to spend 45 minutes with new patients, learning their history and compiling a comprehensive patient profile which she can use to offer better treatment. The

Dr. Lobb earned her medical degree in Tennessee and trained at Johns Hopkins University Hospital. Before becoming a physician, she was a nurse practitioner at the highly regarded St. Jude's Children's Hospital.

Please call 259-4245 for an appointment.



attention and care she gives each patient is winning her great reviews. If you or someone you know needs a primary care doctor, call 259-3394 or 259-4245 for an appointment.

WRTH and KPLR will team up for special on preventing breast cancer

WRTH and KPLR will team up for a TV special on preventing breast cancer.

WRTH and KPLR Channel 11 are teaming up for a television special on breast cancer prevention. The special, scheduled to air on Sunday, October 26th. In addition to the program, WRTH and Channel 11 will present a public service campaign teaching women the importance of regular breast self-examinations and mammography testing.

Dr. Rosemary Cannistraro from the Madison County Health Center is scheduled to participate in the program and conduct a seminar on breast cancer prevention at the Hospital.

Watch this space for more details.

Mammography suite earns full accreditation from national group WRTH's mammography unit has won full accreditation from the American College of Radiologists (ACR). ACR monitors mammography units across the country to guarantee that services meet the highest standards. The Hospital purchased brand-new, state-of-the-art mammography equipment last November.

The suite is unique in its attention to patient comfort. It offers a warm and comfortable lounge and a private dressing room from which a patient directly enters the mammography suite. Call 251-7170 for an appointment.

NEWS

Granite City Journal-August 30, 1995—Page 7B

Sites sought for gully control trial

Do you have a hilltop field that is partially or totally surrounded by woodland? Is there a gully in the woodland where water from the field runs off? We could have a solution for you.

The Madison County Soil and Water Conservation District (SWCD) is looking for several sites to try a new technique at

controlling steep gullies where cropland and woodland meet. Participating landowners would receive survey and design assistance as well as cost share funding.

If you have a site that you think would qualify, please contact the Madison County SWCD, P.O. Box 482, Edwardsville, IL 62025; or call 650-6166.

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Sun. August 13
Sat. August 19
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271-4000

August 12 August 19
August 13 August 20
August 15 August 22

The Legacy Golf Course
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681-GOLF
August 26

Hole-in-One Shoot Down August 26 @ 4:00 P.M.
Closest to the Hole in Shoot Out wins
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Horoscope

Wednesday, Aug. 30
 Brace yourself for action. Solar rays bombarding Jupiter release tidal waves of abundance but may serve up more opportunities than can be utilized at one time. Help arrives today — the circumspect Scorpio moon

wisely counsels restraint. Resist the temptation to overextend yourself. Venus (values) in Virgo (restraint) directs attention to the bottom line and works to solidify recent material gains.

ARIES (March 21-April 19). Perseverance pays — sticking with love spins a romance to dizzying heights of bliss. Vows are likely if you're willing to commit. A romantic getaway for two rockets passions to a peak.

TAURUS (April 20-May 20). Sports or theatrical interests earn big cash. Scan for opportunities — investment dollars multiply fast. Your buried emotions are unearthed — your spouse or lover helps you voice your feelings. A youngster needs your TLC.

GEMINI (May 21-June 21). A group lottery ticket wins. Ride your lucky streak. Your efforts on behalf of a neighbor have unexpected results. Brace yourself for a surprise. In the public arena, your marketing brainstorm aids a worthy local club.

CANCER (June 22-July 22). You pull off an impressive feat at work. Your boss takes note. A job advance this year is linked to something you already do well. Mine a new milieu with



Joyce Jillson

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a chum — your romantic potential is high.
LEO (July 23-Aug. 22). You have dramatic success in sales — your ingenious pitch lands a hard-to-get contract — and a nice bonus, too. Line up a relative for a heart-to-heart talk — intimate talk reveals something important about you.

TODAY'S BIRTHDAY (Aug. 30). Dazzle the business or art world in '96 — your creativity's ablaze. Take a trip connected with income in the spring. Vacation in June. Love melts your heart in October and January — allow yourself time to play. Balance is key. Your charisma peaks from January through May — seek financial backing and true love before June. Your lucky numbers are 6 and 10.

VIRGO (Aug. 23-Sept. 22). A family member digs up an

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dz Play features (left to right) Jim lo.

Crehan's
6401 W. Main Street, Belleville, Ill. (618) 397-7930
Soul Reunion, 6:30 - 10:30 p.m., August 27.

Cutter's At The Wharf
349 Wharf, St. Charles 561-4222
Oliver Johnson Trio, 4 - 8 p.m., September 2.
Oliver Johnson Trio, 8:30 p.m. - 12:30 a.m., September 7, 14, 16, 21, 28 & 30.

Dave's Cappuccino
206 N. Bluff Rd. (618) 344-JAVA
There is a \$1 cover charge for Tuesday shows and a \$2 cover for shows Wednesday through Saturday.
Open Mic night every Tuesday through August.
Tim Scott, August 26.
Dave Lindsay, 9 p.m. August 30.
Georgy Rock, August 31.

Dorsett Inn
12068 Dorsett Rd. 291-3694
Brian Clarke and the St. Louis Browns, 9 p.m. - 1 a.m., August 29, 30 & 31, September 1 & 2.

1860 Saloon & Restaurant

1860 S. 9th 231-1860
Soul Reunion, 9 p.m. - 1 a.m., August 31.

Faith & Des Peres Community Church

11155 Clayton Road
Richard T. Katz, M.D., pianist, at 4 p.m. August 27. Presented by St. Louis Pro Musica with music of Bach, Beethoven, Ravel, Scriabin and Balakirev. Advance tickets are \$8 for adults, \$6 students, seniors; at the door prices are \$10 adults, \$8 students, seniors. For tickets call 725-4114 or MetroTix outlets.

Fast Eddie's Bon Air

1540 E. 4th, Alton, Ill. (618) 462-5532
Stonebraker, September 2, 3, 7, 14, 21 & 28.

Focal Point

8158 Big Bend 961-6081
Tempest (Celtic band playing electric music) Sept. 2. Tickets are \$12.50 each.
Louds Killen (English singer and concertina playing sea shanties and old songs) Sept. 9. Tickets are \$10.
Cathal McConnell and Len Graham (Irish singers, featuring flute music and Irish songs) Sept. 16. Tickets are \$12.50.

Garage Bar

6630 Mexico Road, St. Peters 278-1334
Little Too Much, Sept. 15 & 16.

Hyatt Regency, Union Station

Union Station 367-4461
Marvin Hammerlich, composer and pianist in a benefit performance for McKendree College, 6 p.m. Sept. 17. Tickets are \$75 each. For tickets or more information call 537-6860 or 436-3301 ext. 6860 from Missouri.

Jamestown Sports Complex Beach Bar & Grill

5105 N. Hwy. 67 355-5363
Brad's Head, 7 - 11 p.m., August 27.
Melvin Turnage Band, 6 - 10 p.m., August 27.

Jammers Nightclub

3417 Lemay Ferry 892-3394
Shut Up and Dance, September 2.
Little Too Much, September 9.
Mardi Gras, September 16.
Excellations, September 23.
Transit, September 23.

Jefferson Barracks Park

Telegraph Road and I-55 487-4086
Kirkwood Station 7 p.m., August 27. Refreshments will be available, but lawn chairs should be brought. Admission is \$5 for adults, \$2 for children and full-time students.
Compton Heights Concert Band, 7:30 p.m., September 3, at the amphitheater. Robert Elson, baritone, will be guest performer along with Jan Cippo, piccoloist. Performance highlighted by fireworks display during finale of this patriotic tribute. Admission is free with refreshments.

ments and concert band promotional items available for sale.
Stonebraker, as part of South County Community Days, 3 - 5 p.m. September 17. For more information call 631-4900.

Joey's Doghouse

9855 Broadway 638-8443
Chic, August 30.
Wooden Nickel Band, September 1, 2, 8 & 9.

K.T.'s Smokehouse

4574 Telegraph 892-7788
Southside Wally & Greg Lawrence, August 30.

Lucious Boomer's

707 Claymorgan 621-8155
Seconds Band, 9:30 p.m. - 2:30 a.m., August 28 & 29.

Magoo's Bar & Grill

8658 S. Broadway 631-9504
Crab, August 26.

Mattingly's Inn

8108 North Lindbergh 831-9181
Mississippi Mudpuppies, Sept. 2.
Rectifiers, September 9.
Buffalo Bob, September 16.

Max's Bar & Grill

7750 Carondelet 727-7434
Ralph Butler Duo, 7 - 10 p.m., August 30.

Moe's Place

5445 Telegraph 892-2778
Stonebraker, jam session, 9 p.m. - 1 a.m., August 29, September 5, 12, 19 & 26.
Russ Anderson, 9 p.m. - 1 a.m., August 31.
Southside Wally & Greg Lawrence, 9 p.m. - 1 a.m., September 1, 2 & 7.
Shades, 9 p.m. - 1 a.m., Sept. 8 & 9.

Molly's

816 Cover 436-0921
Joe Bidwell Group, 9 p.m. - 1 a.m., August 30.

Calling All Bands

The Journal wants to print your band's concert dates in The Concert Scene. Tell us where you'll be playing, along with the address and phone number of the venue, the date, the time, the cover charge, and send us a picture, too (no color photocopies please). If address and phone number for the venue are omitted, your listing will not be published. Send your listing to:

Susan Canada,
The Concert Scene
c/o South County Publications
4210 Chippewa Street
St. Louis, Mo. 63116.

Service were Monday at Braun Colo.

Today's Food

Wednesday, August 30, 1995

Food & Nutrition

Wise Ways

School is a perfect place for eating with good health a priority.

INSIDE

Heart-y Bites

Take care of garden's freshest flavors. Eat them up.

INSIDE

Blue Ribbon Cook

Make a creamy frozen dessert with fruity or chocolaty appeal.

INSIDE

Test Run

Cornbread comes complete with Mexican flavors under the Martha White label. Would a fiesta be a likely place to serve it?

INSIDE

Micro Raves

Commit hot dogs, seafood and vegetables to hearty zip of trendy, flavorful mustard.

INSIDE

Lively Taste

When looking for a smoky barbecue flavor, but with more tang, add soy sauce, ground ginger and a touch of sesame oil to a plain bottled variety. The mixture can be used to marinate meat or seafood, baste grilled food or as a dip for grilled kabobs.

Health & Fitness

Medicine Chest

Antihistamines are more effective if taken before symptoms develop. Take preventive doses if you know this is the season that affects you the most.

Fresh Picks

While most Americans do not bother to peel tomatoes before eating them raw, Europeans consider it a 'civilized' necessity. The trick is to peel away the tomato peel, not the fresh consistency of the flesh. Bring a saucepan of water to boil. Cut a shallow X in bottom of tomato. Using a slotted spoon, lower it into the boiling water. After 15 seconds, transfer the tomato to a bowl of iced water. When cool, skin can be pulled away easily.

Big Fat Tip

Turn good food into fun food. Bag up fruit like seedless grapes, kiwifruit halves and strawberries for a snack sack. Dried fruit is another fun-to-eat sweet minus the fat. Cut carrot, celery or jicama in sticks for fun-to-eat crunch. In a small container, add low-fat or nonfat ranch dressing for a zesty dip. Add a box of juice.

Future Shop

Can't remember what color green onions should be in the crispier because they always seem to be brown and squishy in the bag when it's time to use them? Help is on the way. One aid is Ever-Fresh bags, which are made of oya, a mineral that absorbs and removes ethylene, the gas that helps tomatoes, peaches and bananas ripen. Each reusable bag can hold an individual, non-meat fruit or vegetable. According to its producers, NASA is testing the bags for possible use in upcoming space shuttle missions.

ALL STEAMED UP

By Janice Denham
Staff writer

Modern Huckleberry Finns drift down the river in air-conditioned comfort. They breakfast in their jammies, feast on milk, freshly baked cookies and soft-serve ice cream all afternoon, then gather for a feast unlike the dinner they ate the night before in a dining room decked with decor from Becky Thatcher's era.

The leisurely pace of riding a steamboat and disembarking in an interesting American city—like Mark Twain's Hannibal or steamboat-lovin' Cincinnati—is a switch from the ocean blues and revved-up schedule of events on cruises.

This summer, from calliope to gramophone, the new American Queen—the world's largest stern-wheeler and largest overnight passenger vessel built in a U.S. shipyard since the 1950s—has been making friends along the Mississippi and Ohio rivers.

Bill Rodden, chief steward, says, "You can blue-water cruise anywhere. There is nowhere else you can cruise the inland waterways of America—complete with a continental breakfast on the 'front porch' of America where you can come in your pajamas and slippers."

While longer and shorter cruises are available, most people—and the American Queen is 98.5 percent booked this year—opt for a segment of the river



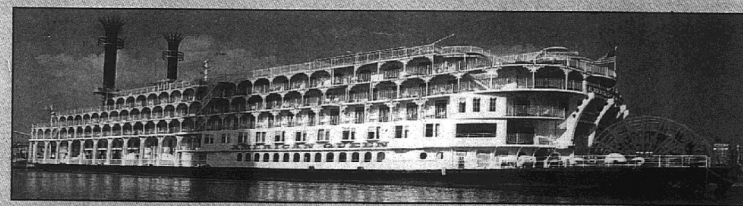
Chief Steward Bill Rodden's beef and vegetable salad is an example of the colorful buffet table he sets aboard the American Queen, the newest and largest overnight steamboat traversing the inland waters of the U.S.

Rick Graefo
Photos

that takes five to seven days to navigate.

Many of the guests are river cruisers and have been on our other steamboats, the Delta Queen and

SEE STEAMED UP, INSIDE TODAY'S FOOD PAGE 2



Towering twin fluted stacks, a decorated pilot house and six decks stacked like a wedding cake define the American Queen, here docked in the shadow of St. Louis' Gateway Arch.

Banana Rockets

Kids
Cuisine

In a small bowl, combine 1/2 cup plain or vanilla yogurt, 1 tablespoon peanut butter and 2 teaspoons sugar.

On each of 4 large squares of plastic wrap, place 1/4 cup low-fat granola or banana-flavored cereal flakes, crushed.

Peel 4 bananas. Insert wooden stick in one end of each. Spread with yogurt mixture. Lay banana on cereal. Turn to coat evenly. Pull edges of plastic wrap around. Freeze or refrigerate until ready to eat.

Source: National Dairy Council

Today's Food

Test Run



Dance around the serape for the right atmosphere to enjoy Mexican cornbread made from a Martha White mix, *Suburban Journal* tasters suggest.

Cornbread bolder with Mexican flavor

Cornbread has fans, but Mexican cornbread can appeal to a whole new group of people, testers of the Martha White product said recently.

The jalapeno flavor appealed to both ends of the "hot" flavor spectrum.

"It's not too hot," one mild-flavor advocate said.

A tester from the "hot" end of the flavor spectrum said the taste was more "zip" than "heat."

The outside of the package boasts "now three times more cheese." It couldn't be compared with anything else, but one tester thought the cheese flavor meshed well with the Mexican seasonings to give them a smooth sensation.

Texture received high marks, too.

"I like the way the cornbread holds together. It is more cake-like than crumbly," she said.

Directions call for adding an egg and $\frac{1}{2}$ cup milk to the dry mix. Baker of the test product followed the suggestion to heat the pan — she used an 8-inch glass pie pan instead of an ovenproof skillet — before adding the mixed batter.

"I like warming the pan first. It makes a more even bread because the edges start to bake faster and they brown better than regular cornbread mix. Still, there's no heavy crust," she said.

"My kids would love this," a taster added. At 89 cents a package at Dierbergs Markets, she thought the price was worth the result.

Several testers suggested topping it with salsa. Another wanted to use it to replace a baking-mix batter that tops a meat-and-onion mixture.

Wise Ways

School bells to ring out for healthy lunches, too

When my daughter starts first grade this year, I want to ensure her a happy, successful experience. As a nutritionist, I want her to be well nourished — and a good school lunch program can meet that concern.

To help children choose healthful meals at school, the U.S. Department of Agriculture offers parents these tips:

1. Do lunch with the kids. Eat breakfast or lunch at school with them. See what meals are like. Notice the atmosphere. If you don't like what you see, volunteer to work with the school's administrator, kitchen staff and teachers to improve mealtime.

2. Talk out of school. Make your opinions heard. Talk to other parents. Work with the PTA and school board to support healthy school meals.

3. Discuss your principles. Go to the principal. Discuss the importance of good nutrition and physical activity. Suggest programs. Ask for cooperation. Follow through.

4. Know what's for lunch. Get a weekly menu of school meals. Keep it on the refrigerator. Ask for the nutrition facts to be sure the menu meets the Official Dietary Guidelines for Americans. Discuss the healthy choices with your kids.

5. Form a team. Visit the

school cafeteria. Get to know the food service staff. Let them know you value their services and appreciate good daily nutrition for your child.

6. Plant a seed. Show kids how healthy food grows. Help the school start an edible landscape with a garden of goodies like fruits, vegetables and herbs.

7. Throw a tasting party. Volunteer to organize a classroom tasting party to introduce and encourage nutritious foods the kids never may have tried.

8. Set up a group. Get involved. Form a parent advisory committee for school meals. Recruit enthusiastic, "can-do" people to work with you.

9. Serve kids food for thought. Make sure they understand healthy breakfasts and lunches serve their minds as well as their bodies.

10. Listen. By listening to what kids are learning at school about good nutrition, their knowledge can be put to work at home, too.

For an easy, take-along lunch, help your child prepare pocket sandwiches. Wrap one pocket for the child's lunch and one for yourself. Pocket sandwiches are handy for small fingers since the filling is less likely to spill out of the sandwich.

Think safety when packing perishable lunches. Keep hot

foods piping hot and cold foods icy cold. Wrap sandwiches ahead and prechill. Send cold sandwiches with a frozen ice packet or in a prechilled, wide mouth thermos.

For more information, send a self-addressed, stamped envelope to: Safe Food to Go — Growing Sprouts, University Extension, P.O. Box 71, Union, Mo. 63084.

Home economist Mary Schroepfer is nutrition specialist for University Extension (University of Missouri system) in Franklin County.

SPROUT SALAD POCKET

- 2 medium pita breads, cut in half to form pockets
- 8 tsp. low-calorie mayonnaise
- $\frac{1}{2}$ cucumber, thinly sliced
- $\frac{1}{2}$ tomato, sliced
- 2 to 3 ounces mixed sprouts (alfalfa, bean, radish, lentil, and/or wheat sprouts)

Spread insides of all pocket bread with mayonnaise. Arrange layers of cucumber and tomato in them, then stuff the middles with mixed sprouts.

Recipe

PESTO PASTA SALAD

- $\frac{1}{2}$ cup packed snipped fresh basil
- $\frac{1}{4}$ cup pine nuts
- 3 tbsp. grated parmesan cheese
- $\frac{1}{4}$ tsp. salt
- 1/8 tsp. pepper
- 2 tsp. olive oil
- 4 oz. uncooked corkscrew

macaroni

- 1 small zucchini, thinly sliced
- $\frac{1}{2}$ cup sliced fresh mushrooms
- $\frac{1}{2}$ small red onion, chopped
- $\frac{1}{2}$ small red bell pepper, chopped
- $\frac{1}{2}$ small green bell pepper, chopped
- 2 tbsp. sliced pitted ripe olives
- 2 tsp. toasted pine nuts

Cook pasta according to package directions. In blender, mix basil, $\frac{1}{4}$

cup pine nuts, parmesan cheese, salt and pepper, blending with several on off turns until paste forms. With blender running, gradually blend in oil.

In large bowl, combine macaroni, zucchini, mushrooms, onion, red and green bell pepper and olives. Add basil mixture. Toss. Chill. Serve on platter, lined with lettuce if desired. Sprinkle top with toasted pine nuts.

Makes 4 servings.

Blue Ribbon Cook

Let non-cranked ice cream be cooler, plus tastier

Debbie Schroeder, South St. Louis, is the winner of this week's recipe contest for Freezer Ice Cream. For it she wins a prize of dinner certificates from the Pasta House Co.

Recipes in this month's Quick Appetizer Recipe Contest should be postmarked by tomorrow (Aug. 31) for consideration as winner each of the four weeks in September.

One recipe per household can be sent to: Quick Appetizer Recipe Contest, Suburban Journals, 1714 Deer Tracks Trail, St. Louis, Mo. 63131.

FREEZER ICE CREAM

- 1 can (14 oz.) sweetened condensed milk

- 2 cups whipping cream (1 pt.)

Flavor options below

Mix sweetened condensed milk with either flavor option combination.

Whip whipping cream until stiff. Fold into mixture.

Pour into 9-by-5-inch loaf pan or other 2-quart container. Freeze, covered, 6 hours or until firm.

Steamed Up

Continued from page 1C, the Mississippi Queen," Rodden says. "I know one who has traveled 42 times. Some bring grandchildren along."

Rodden says his style as a chef suits basic American fare.

"I hate the anchovy ice cream syndrome," he says. "We try to serve food indigenous to the areas we visit."

In other words, steamboat passengers eat like natives. Docked in Cincinnati they feast on the favorite spicy-sweet chili in its five-way style. On the banks of the Mississippi in St. Paul, guests savor chicken hash.

Louisville is the home of the Kentucky Hot Brown, a sandwich made with smoked ham and turkey with tomato and a cheddar cheese sauce that is baked, then broiled.

"For much of the trip, we accent the food with Creole and Cajun flavors," Rodden says. "That's our base and people expect it."

While options abound, main

dishes include flounder stuffed with seafood and topped with a brandy crawfish sauce, fried green tomatoes with crawfish tails, grilled catfish and shrimp etouffees, crawfish ravioli and Louisiana oyster Caesar salad.

When it comes to spicing up the food, he brings on board an entourage of flavors, like cayenne, cumin and garlic — sometimes with a touch of oregano as well as Tabasco. Tabasco is an integral part of the American Queen's history, as a huge bottle of the peppery sauce was chosen over champagne to christen the paddle-wheeler in New Orleans.

Boston-based Rodden loves to share the seafood of his roots, which is a tasty match for the well-seasoned fare.

"I don't deep-fry that much," he says. "On catfish I like to add a spicy breadcrumb, lightly fry it a minute,

then dry it out in the oven for a crisp edge."

Offering a different menu each night of a 16-day cruise takes ingenuity. He and his staff of 65 serve about 1,800 meals a day to as many as 450 passengers.

While the crew has become used to its surroundings with Victorian "gingerbread" accessories that took two years of crisscrossing the country to round up, they have met surprises aboard the cruises.

In Louisville, a flotilla of 1,000 boats greeted the American Queen's first visit where, he says, flashbulbs "were going off all over."

The steamboat came to St. Louis in time for Fair St. Louis over the Fourth of July when the American Queen's sister steamboats met in the traditional race between city and county officials.

Rodden marvels at the river tradition.

"Going up from Cincinnati

to Pittsburgh, people were waiting along the Ohio for two hours at a time to see us," he says.

One Sunday morning the boat put in for supplies and was greeted by a contingent of hundreds at 6 a.m.

The American Queen will hold court as flagship of Tall Stacks '95, the steamboat festival Oct. 11 through 15 in Cincinnati.

The glorious width of the riverboat gives the J.M. White dining room a chance to show off the style of the J.M. White III, a paddle-wheeler that set the standard for splendor on the river in the late 1800s. Floor-to-ceiling windows offer a grand view of the river, while a dropped ceiling in the center sets the stage for evening entertainment.

Fresh fruits and vegetables and grilling define summer fare, according to Rodden's culinary handbook. Here are tips from his steamboat kitchen:

• **Soup:** Make it year-round "from your heart or your kitchen," which, for the chief steward who was inspired to cook by his mother, is the same thing. Look in the refrigerator for leftover chicken or beef bones and make a broth in the oven or cooktop. He likes a broth soup, which allows flavor additions of all types.

• **Tomatoes:** He slices these homegrown treasures — which he manages to get wherever he goes — $\frac{1}{4}$ to $\frac{1}{2}$ inch thick, then drizzles them with a little high-quality olive oil, adds a julienne piece of basil and sprinkles with a pinch of kosher salt for individual serving.

• **Vidalia onions:** One of the "dozen" ways Rodden likes them is grilled. To highlight their sweetness, season $\frac{1}{2}$ -inch-thick slices with a little salt and let them sit in a little olive oil before grilling.

• **Vegetables:** Keep them crisp. Heat them long

enough to take out the "crunch," but leave in the lively "crisp." Often misused, the flowers of broccoli and cauliflower should not be cooked until limp or soft.

• **Dips:** Fresh vegetables and a creamy dip, as well as sliced fresh fruit, is served alongside the freshly baked cookies in the afternoon. Favorite flavors for a hot summer day on board: blue cheese and dill.

• **Tea punch:** People enjoy sipping the day's favorite tea punch while they ponder the river bluffs or savor a chapter in their book while rocking in a white wooden rocker. The mixtures vary by the day. Today it might be unsweetened tea with a little cherry juice and some lemon, tomorrow a little ginger ale — Rodden's favorite refresher — and a splash of fresh orange juice mixed with tea.

Micro Raves

By SANDRA HOUNSOM

Mustard zips up flavor

The great American pastime of baseball may not be as popular as it used to be, but ballpark cuisine — the hot dog — is as strong as ever. Between Memorial Day and Labor Day, more than 5 billion hot dogs are consumed. That's enough laid end-to-end, to circle the globe more than 15 times.

A favorite condiment for the hot dog is mustard. A recent commercial shows two young enterprising entrepreneurs competing in hot dog sales. A victor emerges because of the mustard he offers.

His knowledge is not new. Since ancient times mustard has been used as a condiment, as well as for medicinal purposes.

Mustard, an annual herb, bears one of two kinds of seeds: yellow, sometimes referred to as white, or brown seeds, sometimes called black. Dry mustard or mustard flour is a mixture of the two.

Yellow mustard is important primarily for its whole mustard seeds used in pickling spices for corned beef, pickles, relishes and sauerkraut.

Home economist Sandra Hounsom specializes in microwave cooking.

CREAMY MUSTARD SAUCE

- 3 tbsp. butter or margarine
- 2 tbsp. flour
- 1 tsp. dry mustard
- $\frac{1}{2}$ tsp. salt
- 1 egg yolk
- 1 cup milk
- 1 tbsp. lemon juice or vinegar

In $\frac{1}{2}$ -quart casserole, melt butter on high power 20 seconds or until melted. Stir in flour, dry mustard, salt and pepper. Cook on high power 1 minute longer.

Beat egg yolk. Mix well with milk. Stir into butter mixture. Microwave on medium (50 percent) power 2 to 3 minutes, stirring after each minute.

Heart-y

Corn burst

One glorious August night, years ago, came to dinner be sure — corn fresh from the field.

My mother's basics of cooking Jack had strict rules to commit to memory to begin the evening while you gawk the corn, still boiling for 2 to 3 minutes.

Anyone who knows that is the way to eat corn. When from a farmer's field should be fresh. Check the husk should be green, for silks should be fresh. The longer it sits, the more turns to starch. The greater disappointment sweet corn to use.

Buy corn to use day. If buying it in market, pick it refrigerated unit.

Zucchini is another vegetable that fair share of about gardeners let it grow, while those who pick it less often, because when it is most flavorful. The more the plant grows, the less bitter than st-

Recipe

VICHYSOI

- 6 leeks, finely chopped (white part only)
- 2 tbsp. finely chopped onion
- $\frac{1}{2}$ cup (1/2 stick) margarine or butter
- 3 cans (14 oz. each)

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Heart-y Bites

By KITTY QUINN

Corn, zucchini, tomatoes burst with garden flavor

One glorious August evening years ago, a friend came to dinner bearing treasure — corn fresh from his 12-year-old brother's garden. My mother shared the basics of cooking corn, but Jack had strict instructions to commit to memory: "It's best to begin the water boiling while you go out and pick the corn, shuck it, then boil for 2 to 3 minutes only."

Anyone who gardens knows that is the best way to eat corn. When buying it at a farmer's market, it should be freshly picked. Check the husk, which should be green, for pliancy. Silks should be golden and free of decay. The stem end should not be dried or brown.

The longer it is off the stalk, the more its sugar content to starch. There is no greater disappointment than sweet corn that tastes like chicken feed.

Buy corn to use the same day. If buying it from a supermarket, pick it from a refrigerated unit.

Zucchini is another summer vegetable that gets a fair share of abuse. Some gardeners let it grow into giants, while those "in the know" pick it less than six inches long, because this is when it is most tender and flavorful. The more picked, the more the plant produces. Freshly-picked zucchini is less bitter than store-bought.

Peel only if preferred.

Tomatoes originally came into European cuisine from Peru as tiny yellow balls. In spite of being accused of being poisonous, tomatoes were developed by Italians into a large red variety to grow in home gardens and use in sauces.

Homegrown tomatoes left on the vine to become juicy and succulent are the best. It is wise for those who do not grow their own to make friends with neighbors who do.

Put all three together and this saute lives up to vegetables' delicious reputation for supplying a garden-load of nutrients that keep a body healthy.

Corn is a good source of protein, thiamine, folic acid and fiber. Zucchini has vitamin C. Tomatoes have it, along with beta carotene, other carotinoids and most of the B vitamins.

Registered dietitian Kitty Quinn is a member of the nutrition committee of the American Heart Association, St. Louis Chapter. The next "I Love Eating" class will be a double-dip. Registered dietitian Denise Barrett will stuff lunch bags full of easy, delectable ideas at 7 and 7 p.m. Tuesday, Sept. 19, at St. Luke's Hospital, 232 S. Woods Mill Road. For information or reservations for the free event, call 45-HEART or toll-free (800)

255-9919.

CORN-ZUCCHINI-TOMATO SAUTE

- 1 1/2 tbsp. olive oil
- 2 cups fresh corn cut from cob (about 3 ears)
- 1 medium zucchini, trimmed, thinly sliced
- 1/2 cup sliced green onion
- 1/4 cup chopped green bell pepper
- 1 cup peeled, chopped tomato
- 2 tsp. chopped fresh basil
- 2 tsp. chopped fresh oregano
- 1 tsp. sugar
- 1/4 tsp. salt
- 1/4 tsp. salt-free lemon-pepper seasoning

In large skillet over medium-high heat, add corn, zucchini, onion and green pepper. Sauté 5 minutes or until tender-crisp.

Add tomato, basil, oregano, sugar, salt and lemon-pepper. Cook over medium heat, stirring frequently, until vegetables are tender.

Yields eight (1/2-cup) servings: 60 calories, 2 g fat, 11 g carbohydrate, 2 g protein, no cholesterol, 80 mg sodium and 2 g fiber each. Source: "Cook Quick, Cook Healthy" (Oxmoor House, 1995).

Mexican food heritage comes to winning table

Mexican food has gotten a bad rap lately with the perception it is high in calories and fat. It isn't necessarily so.

The culture and bold flavors of the great Southwest are for everyone to enjoy in a party-perfect meal from main dish to dessert that meets all the requirements for healthy eating. Blend the flavors of Mexico with fruits most abundant in California during summer.

Begin with alcohol-free Bronze Nectarine Margaritas icy with Frozen Nectarine Cubes. Next, serve Summer's Gold Medal Salsa with low-fat tortilla chips that can be made right at home. The salsa also is a perfect enhancement for chicken, fish or other barbecued meats.

Santa Fe-style Power-Packed Burritos featuring black beans, sweet fresh peaches, skinless chicken breast and flavorful spices compose the main dish.

Bring the meal to a sweet ending with Fiesta Plums and Pudding. This easily-prepared dessert incorporates convenience items like whipped topping, instant pudding and marmalade or all-right spread, all with reduced sugar or fat. For double the convenience, prepare low-fat tortilla chips savory for the appetizer, sweetened for dessert.

Use ripe fruit in all these recipes. To finish ripening, place fruit in a paper bag, fold over the top and check the bag daily until it yields to gentle palm pressure.

Makes 2 servings.
Frozen Nectarine Cubes: Slice 4 fresh nectarines. In blender or food processor, puree with 1/4 cup lime juice. Pour into ice cube trays. Freeze. Makes 20 cubes.

SUMMER'S GOLD MEDAL SALSA

- 4 ripe nectarines
- 1 ripe pear or apple
- 2 red bell peppers, chopped
- 3 tbsp. fresh lime juice
- 3 tbsp. minced fresh chile pepper, mild or hot as desired
- 3 tbsp. minced onion

Chop nectarines and pears. Mix well with bell pepper, lime juice, chile pepper and onion, stirring to bring out some juices. Cover with plastic wrap. Chill until ready to serve.

Can be made up to 4 hours ahead. Serve with Crispy Low-Fat Tortillas. Makes six (1/2-cup) servings.

Crispy Low-Fat Tortillas: Cut 6- to 7-inch tortillas in wedges. Place wedges on baking sheet. Bake in 350° oven 5 minutes. Remove from oven. Turn over tortillas. Coat lightly with non-stick cooking spray. Sprinkle garlic powder and red pepper evenly over chips. Bake about 5 minutes longer until chips are crisp.

medium-hot chile peppers
Lime wedges

In large skillet, cook chicken, covered, in 1/2-inch gently boiling water 10 minutes or until cooked in center. Drain, wrap and chill, then shred meat.

For bean salad, mix beans with cilantro, lime juice and cumin. Mix chopped onion into beans. Chill.

Wrap stack of tortillas in foil. Heat in 350° oven 20 minutes or until heated through.

To serve, lay out warm tortillas. Place shredded chicken, bean salad, sliced peaches and minced chiles in center of each tortilla. Wrap tortilla around mixture, tucking under one end.

Garnish plates with remaining green onion, lime wedges and, if desired, additional sliced peach.

Makes 6 servings.

FIESTA PLUMS AND PUDDING

- 1 (10 inch) thin flour tortilla
- 1 tsp. low-sugar orange marmalade or peach fruit spread
- 1 tsp. sugar
- 1 pkg. (4 servings) sugar-free vanilla instant pudding
- 1 cup nonfat milk
- 1 cup frozen reduced-fat whipped topping, thawed
- 1/4 tsp. almond extract
- 4 fresh plums

Spread tortilla with marmalade, then sprinkle with sugar.

Beat pudding mix with milk until well blended. Add whipped topping and almond extract. Beat with wire whip until smooth.

To serve, in shallow pan, crisp tortilla in 375° oven 5 minutes or until crisp. Cut in quarters. Spoon pudding onto dessert plates, surround with sliced plum and stand tortilla quarter slice of each. Makes 4 servings.

EXTRA CHICKEN: SALAD PECKING

Cook extra chicken to use for salad. One way to vary its flavor is to mix equal parts of plain yogurt, mayonnaise or sour cream with a favorite salad dressing. Toss dressing mixture with cooked chicken, chopped green onion, chopped olives, slivered carrot and seasonings to taste.

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Full Gospel Fellowship
(Behold, City Run on Orville)
No 4 mmicks...
Just the Truth

Recipe

VICHYSOISE

- 6 leeks, finely chopped (white part only)
- 2 tbsp. finely chopped celery
- 1/2 cup (1/2 stick) margarine or butter
- 3 cans (14 oz. each)

- chicken broth
- 4 cups diced, peeled potato
- 1/2 tsp. white pepper
- 2 cups half-and-half, light cream or milk
- Chopped chives

In large saucepan over medium-high heat, cook leeks and celery in margarine until golden, but not browned. Add chicken broth, potato

and pepper. Heat to boil. Reduce heat. Simmer 15 minutes or until potato is tender. Cool.

In blender, blend potato mixture until smooth. Pour into large bowl. Stir in half-and-half. Refrigerate 2 to 3 hours.

Garnish individual servings with chives. Makes 6 servings.

BRONZE NECTARINE MARGARITAS

- 10 Frozen Nectarine Cubes
- 1/4 cup orange juice
- 2 tsp. lime juice
- 2 tsp. sugar
- 10 ice cubes, cracked (optional)

In blender or food processor, blend Frozen Nectarine Cubes, orange and lime juice, sugar and ice cubes until smooth. Pour into stemmed glass.

POWER-PACKED BURRITOS

- 1 1/2 lb. boneless, skinless chicken breast
- 1 can (15 oz.) black beans, drained
- 1/4 cup chopped fresh cilantro
- 1 tsp. lime juice
- 1/4 tsp. cumin
- 3 slender green onions, chopping white bulbs only
- 6 (10 inch) flour tortillas
- 4 peaches, sliced
- 1 1/4 cups minced mild or

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Today's Food

Recipe

ORANGE-ONION SALAD

2 medium oranges, peeled, seeded
 1/2 medium purple onion, thinly sliced
 1 tsp. sugar
 1 tsp. dry mustard
 1/2 tsp. salt
 1/2 tsp. paprika

1/4 tsp. garlic powder
 1/2 tsp. oregano
 2 tsp. fresh lemon juice
 2 tsp. oil
 1 1/2 tsp. water
 4 lettuce leaves
 Freshly ground pepper

Slice each orange in 6 cartwheels. Place in plastic bag or shallow dish with onion. Whisk or mix together sugar, dry mustard, salt, paprika, garlic powder, oregano, lemon juice, oil and

water in blender or bowl until blended. Pour over orange and onion. Marinate in refrigerator at least 1 hour.

Drain orange and onion. On each lettuce leaf, arrange 3 slices orange and some onion. Sprinkle top with freshly ground pepper. Serve very cold.

Makes 4 servings, 105 calories each.

TOMATOES, PICKLES CAN BE CANNED IN BOILING WATER
 All vegetables — except

tomatoes, which are high in acid, and any pickled product — must be processed in a pressure canner to make sure all botulism spores are killed.

Tomatoes and pickled products can be processed in a boiling water canner according to modern recipes.

Recipe

TARRAGON POTATO SALAD

1/2 cup mayonnaise or salad dressing
 1/2 cup sour cream
 2 tsp. chopped fresh tarragon
 1 tsp. salt
 1/8 tsp. pepper
 4 cups quartered, cooked,

new potatoes
 1/2 cup sliced green onion
 In large bowl, mix salad dressing, sour cream, tarragon, salt and pepper. Add potatoes and onion. Mix lightly. Refrigerate. Makes 8 servings.

POLKA DOT PIZZA

Place 12-inch Italian bread shell on large pizza pan or cookie sheet. Spread 1/2 cup sweet-and-sour sauce evenly over dough. Arrange 3/4 cup

sliced onion over sauce, then sprinkle 1 1/2 cups (6 ounces) shredded Monterey Jack cheese on top. Top with 3 hot dogs, thinly sliced. Bake in preheated 450° oven 15 minutes or until cheese melts.

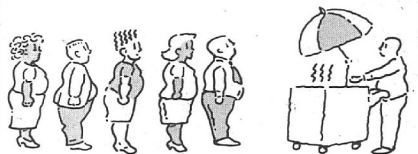
Serve immediately.

Makes 4 servings; 589 calories, 25 g fat, 82 mg cholesterol, 1,521 mg sodium, 62 g carbohydrate and 29 g protein each.

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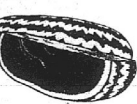
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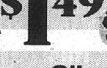
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Today's Food

Recipe

CHICKEN CACCIATORE

8 serving pieces chicken
or 8 chicken breast
halves, skinned, boned
¼ cup flour
2 tbsp. olive oil
1 onion, chopped
1 clove garlic, minced

2 tbsp. chopped parsley
¼ tsp. salt
½ tsp. pepper
2 bay leaves
2 cups canned or fresh,
peeled, chopped tomato
1 can (8 oz.) tomato sauce

1 small bell pepper, cut in
strips
¼ cup water
Wash and dry chicken.
Coat each piece with flour.
Heat oil in heavy skillet
over medium heat.

Saute chicken until light
brown.
Add onion, garlic and
parsley. Cook about 3 min-
utes.
Add salt, pepper, bay
leaves, tomato and tomato

sauce, water and bell pep-
per. Simmer, covered, about
1 hour.

Yields about 8 servings.

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**Watch Batteries Installed - \$2.99
Most Gold Chain Repairs - \$9.00
Ladies Rings Sized Smaller - \$9.00
Ladies Rings Sized Larger - \$15.00 & UP**

**DON'T
PAY
TOO
MUCH!!!**

**JIM
HUDSON
Owner**



**JIM'S
PAWN
& JEWELRY**

Tommy's P...
Tommy's T...
ASSORTED
Prairie
Ice C...
FROZEN
Flav...
Lemo...
ASSORTED
Minute
or Len...
FRENCH
OR REG...
Prairie
Sour...
ASSORTED
Keeb...
Saltin...
EVERYDAY
ASSORTED
Bugle...
ASSORTED
Lucia...
Pizza...

Shop 'n Save

For Your
Convenience
**OPEN
LABOR
DAY**

TOTAL VALUE

For Your Labor Day Cookout!



100% HARDWOOD
**Steakhouse
Charcoal**

298

20-POUND
BAG

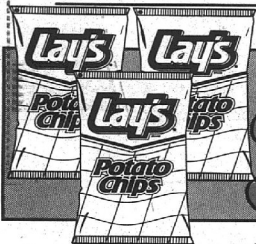


24-CAN CUBE
**Pepsi, Diet Pepsi,
or Mountain Dew**

428

24/12-OUNCE CANS

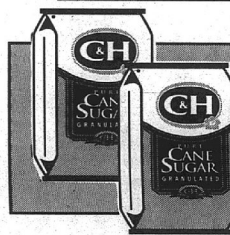
LIMIT 3 COMBINED ON ALL 24-PACK SODA WITH ADDITIONAL \$10.00 PURCHASE
OVER LIMIT \$4.99



PRE-PRICED \$2.99,
ASSORTED VARIETIES
Lay's Potato Chips

3/\$5

14-OUNCE
PACKAGE



**C&H Pure
Cane Sugar**

2/\$3

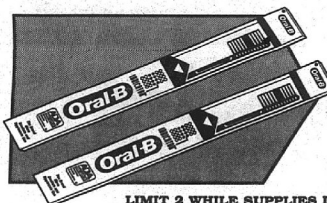
4-POUND
BAG



ASSORTED VARIETIES
**Tony's Italian
Pastry Pizza**

3/\$5

14-16-OZ.
PKG.



OUR LOW SALE PRICE 99¢
**Oral-B Indicator
Toothbrush**

24¢

WITH
COUPON
INSIDE

LIMIT 2 WHILE SUPPLIES LAST, COUPON LIMITS APPLY

ASSORTED FLAVORS
**Prairie Farms
Ice Cream.....**

299

GALLON

SHOP 'N SAVE
**White Sandwich
Bread.....**

79¢

24-OZ.
LOAF

**Heinz Squeeze
Ketchup.....**

99¢

28-OZ.
PKG.

FROZEN
**Flav-R-Pac
Lemonade.....**

3/\$1

12-OZ.
CAN

ASSORTED VARIETIES
**Minute Maid Punch
or Lemonade.....**

99¢

64-
OUNCE

FRENCH ONION DIP,
OR REG., OR LIGHT
**Prairie Farms
Sour Cream.....**

77¢

16-OZ.
PKG.

ASSORTED VARIETIES
**Keebler Zesta
Saltines.....**

77¢

16-OZ.
PKG.

EVERYDAY LOW PRICE
ASSORTED VARIETIES
Bugles Snacks.....

99¢

5.4 OZ.
PKG.

ASSORTED VARIETIES
**Lucia's
Pizza.....**

2/\$6

16-22
OZ. PKG.



ASSORTED VARIETIES
**Heifetz Fresh
Stix Pickles.....**

129

24-OZ.
PKG.

ASSORTED VARIETIES
**Pace
Picante Sauce.....**

2/\$3

16-OZ.
JAR

ASSORTED VARIETIES
**Kool-Aid Cool
Burst Drinks.....**

99¢

6-
PACK

EVERYDAY LOW PRICE
REGULAR OR LOW SALT CHEEZ-ITS OR
**Sunshine
Hi-Ho Crackers.....**

199

16-OZ.
BOX

**Shop 'n Save
Rye Bread.....**

79¢

16-OZ.
LOAF

MEDIUM OR LARGE
**Milkbone Dog
Biscuits.....**

399

5.5-LB.
PKG.



08301A



OUR LOW SALE PRICE 6.19
REGULAR, LIGHT, ICE OR LIGHT ICE
Budweiser Beer

4 69
12-PK.
12-OZ. CANS
AFTER \$1.50 IN-STORE MAIL-IN REBATE



ASSORTED VARIETIES
TGIF Frozen
Cocktails

8 99
1.75 LTR.
BOTTLE

BEER, LIQUOR AND
WINE

Red Tag Values!

NON ALCOHOLIC

O'Doul's
Beverage.....

5 97
12-PK.
12-OZ. CANS

FROM THE PLANK
ROAD BREWERY

Ice House or
Red Dog Beer.....

3/9 99
6-PK. LONG NECK
BOTTLES

REG. OR LIGHT GENUINE DRAFT,
LITE OR LITE ICE

Miller
Beer.....

5 99
12-PK.
12-OZ. CANS

REG., LIGHT OR ICE

Milwaukee's Best
Beer.....

6 99
24-PK.
12-OZ. CANS

Zima.....

7 49
12-PK.
12-OZ. 3/4R BTLS.

Natural Light
Beer.....

4 17
12-PK.
12-OZ. CANS

OUR LOW SALE PRICE 2/\$5.00
ASSORTED VARIETIES

Bartles & Jaymes 2/\$4
Coolers..... 4-PACK

ASSORTED VARIETIES

Gallo Livingston 5 49
Cellars Wine..... 3-LTR. BOTTLE

OUR LOW SALE PRICE \$3.49

Glenn Ellen 2 49
White Zinfandel... 750-ML BOTTLE

AFTER \$1.00 INSTANT COUPON

WHITE ZINFANDEL OR CHABLIS
Inglenook 2/\$5
Wine..... 750-ML BOTTLE

ASSORTED VARIETIES

Boone's 1 99
Cocktails..... 750-ML BOTTLE

Please Drink Responsibly-
Don't Drink & Drive!

LIQUOR PRICES GOOD AT
ILLINOIS STORES ONLY

Salvador's 8 99
Margarita..... 1.75-LTR. BOTTLE

Seagram's 9 99
Gin..... 1.75-LTR. BOTTLE

ASSORTED VARIETIES

Dekuyper 5 69
Schnapps..... 750-ML BOTTLE

EXCEPT 100 PROOF HOT DAMN

Early 4 99
Times..... 750-ML BOTTLE

ASSORTED VARIETIES JACK
DANIELS COCKTAILS OR

Bacardi 3/9 99
Breezers..... 4-PACK

Bagged 69¢
Ice..... 8-LB. BAG



Suave Shampoo
or Conditioner

8 99¢
11-15 OZ.
BOTTLE



REG. OR SPRAY GEL OR
Dep Mousse

1 99
7-12 OZ.
BOTTLE

Schick
Tracer Blades.....

3 99
5-CT.
PKG.

Shop'n Save.

HEALTH & BEAUTY

Red Tag Values!

SHOP 'N SAVE EXPIRES SEPT. 10, 1995
IN-AD MANUFACTURER COUPON P45-08-75

Oral-B
SAVE
75¢

On Any Oral-B Product



Redeemable at
SHOP 'N SAVE



© 1995 Oral-B Laboratories

Johnson & Johnson
Baby Oil, Lotion,
Shampoo,
or Baby
Powder.....

2 39
14-15 OZ.

OUR LOW SALE PRICE \$2.49
Pepcid AC
Tablets.....

99¢
5-CT.
PKG.

AFTER \$1.50 IN-STORE MAIL-IN REBATE

OUR LOW SALE PRICE \$4.49
PLUS CALCIUM, EXTRA C. OR IRON

Centrum Jr. 3 49
Vitamins..... 50-CT. PKG.

AFTER \$1.00 IN-STORE COUPON

ASSORTED VARIETIES
Degree Solid 1 69
Deodorant..... 1.75-OZ. PKG.

REG. OR REFILLS

Johnson & Johnson 2 39
Washcloths..... 50-CT. PKG.

24-EXP. 200 SPD.

Konica
35 mm Film.....

2 69
ROLL

Shop'n Save.

BAKERY/DELI/SEAFOOD

Red Tag Values!

NOT AVAILABLE
AT ALL STORES

DELI FRESH

Whole Submarine
Sandwich.....

2 99
EACH

MACARONI SALAD, COLE SLAW,
OR AMERICAN OR MUSTARD

Potato Salad.....

99¢
lb.

8-PIECES

Fresh Fried
Chicken.....

3 99

08302C

FARM FRESH

Catfish
Nuggets.....

1 79
lb.

FRESH

Black Tip
Shark Steaks.....

2 99
lb.

WHITING, FLOUNDER,
OR POLLACK FILLETS

Sea Best
Filletts.....

3 99
2-LB. BOX

MAPLE, BLUEBERRY,
OR LEMON POPPY SEED

Crepe Cakes..... 2/\$5

PLAIN OR SEEDED

Bakery Fresh 89¢
Hamburger Buns.. 5-CT. PKG.

Chocolate Chip 3 69
Cookies..... 24-CT. PKG.



PRE-PRICE
REGULAR O
EVERYDAY
Kraft

Kraft
Cheez

REGULAR O
Jello
Puddin'

Kraft
Jelly

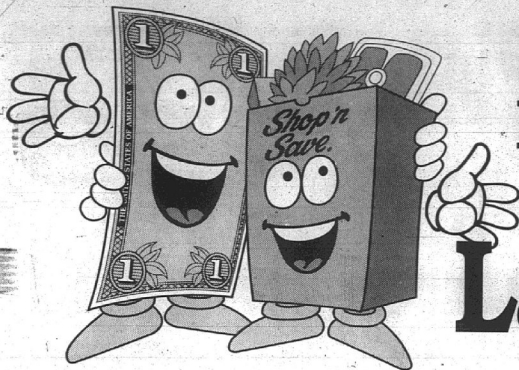
Oscar
Bacon

ASSORTED
Kraft
Shells

DIET PUFF O

Kraft
Marsh





Shop 'n Save and Kraft Team Up to Bring You Great Labor Day Values!



REGULAR OR LIGHT
**Kraft
Parkay**

1 19
3-LB.
PKG.



ASSORTED VARIETIES
**Kraft
Miracle Whip**

1 49
32-OZ.
JAR
LIMIT 1



PRE-PRICED \$1.99
**Kraft American
Singles**

1 49
12-OZ.
PKG.



ASSORTED VARIETIES
**Bull's Eye
BBQ Sauce**

2/\$3
18-OZ.
BTL.



ASSORTED VARIETIES
**Kraft Shredded
Cheese**

2/\$4
12-OZ.
PKG.



ASSORTED VARIETIES
**Kraft Macaroni
& Cheese**

2/\$1
7.25-OZ.
PKG.

PRE-PRICED \$3.99
REGULAR OR LIGHT
EVERYDAY LOW PRICE
Kraft Velveeta.....

3 87
2-LB.
LOAF

**Kraft
Cheez-Whiz.....**

2 99
16-OZ.
JAR

REGULAR OR FAT FREE
**Jello
Puddings.....**

2/\$3
6-PACK

**Kraft Grape
Jelly or Jam.....**

99 ¢
32-OZ.
JAR

**Oscar Mayer
Bacon Bits.....**

1 19
3-OZ.
PKG.

ASSORTED VARIETIES
**Kraft Velveeta
Shells.....**

2/\$3
9-14 OZ.
PKG.

NET PUFF OR MINI
**Kraft
Marshmallows....**

69 ¢
10-OZ.
PKG.



SLICED BOLOGNA OR
**Oscar Mayer
Cotto Salami.....**

2/\$3
1-LB.
PKG.

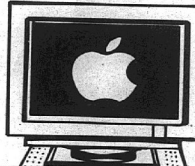
CHOPPED HAM OR
**Oscar Mayer
Ham & Cheese...**

2/3 89
1-LB.
PKG.

ALL VARIETIES, FUN PAK
**Oscar Mayer
Lunchables.....**

3/\$5
11.2-12.2
OZ. PKG.

**Win!
A Personal
Computer
From
Shop 'n Save
& Kraft**



Includes:
**Apple®
Macintosh®
Performa®**
with
**14 inch
Monitor and Claris®
Mac Paint®**

**WIN
A
PERSONAL
COMPUTER**

Complete the information on this official entry form and mail to:
Kraft Foods Sweepstakes,
P.O. Box 2218, Sauk Centre, MN 56378-4216.

Please Print:
Name _____ Age _____
Address _____ Apt. _____
City _____ State _____ Zip _____
Phone _____
Store Name _____
Store Address _____

ENTRIES MUST BE RECEIVED BY 9/29/95. (SEE OFFICIAL RULES FOR DETAILS)

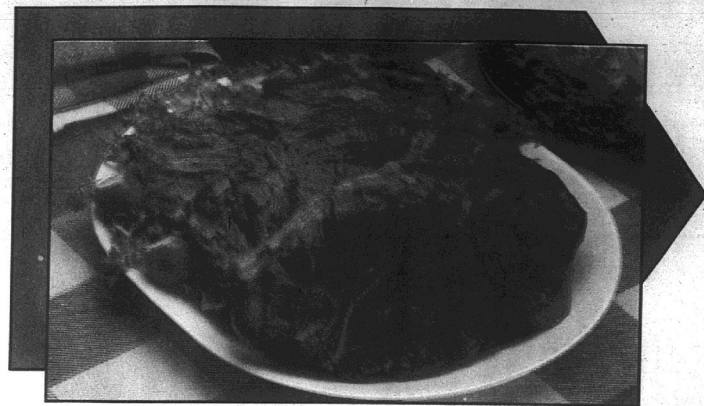
MAIL-IN ENTRY FORM



OFFICIAL RULES. NO PURCHASE NECESSARY TO ENTER OR WIN.
1. TO ENTER: Complete the official entry form or, on a 3" x 5" piece of paper, hand print your name, age, and complete address including ZIP code, the name and address of the sponsoring store, and the words "Kraft Foods Personal Computer Sweepstakes," and mail your entry to Kraft Foods Personal Computer Sweepstakes, P.O. Box 2218, Sauk Centre, MN 56378-4216. ENTRIES MUST BE RECEIVED BY 9/29/95, 11:59 PM, Central Standard Time. You may enter as often as you wish but each entry must be mailed separately. No mechanically reproduced or photocopied entries will be accepted. Not responsible for lost, late, misdirected mail. Entries are property of Kraft Foods, Inc. and name will be returned. Correspondence will not be acknowledged or returned.
2. PRIZES: One Grand Prize: An Apple® Macintosh® Performa® with 14" Color Monitor, and CLARIS® MAC PAINT® (approximate retail value \$1,500.00). No substitution or transfer of prize permitted without the written consent of Kraft Foods, Inc. and winner will be responsible for all taxes and expenses. If any, are the sole responsibility of the individual winner.
3. DRAWING: Grand Prize Winner will be selected in a random drawing from among all eligible entries submitted from this chain. A random drawing will be held on or about 10/27/95 at an independent judging organization whose decisions are final in all matters relating to this sweepstakes. Potential winner will be notified by mail and will be required to complete an affidavit of eligibility and release to be received within 14 days of notification, or prize will be awarded to alternate winner. Date of winning is determined by the number of eligible entries received. Limit one (1) prize per household/family. All prizes will be awarded.
4. ELIGIBILITY: Sweepstakes is open to U.S. citizens who are residents of the retailer's trading area, 18 years of age or older as of drawing date, except employees of Kraft Foods, Inc., this retailer, their subsidiaries, affiliated companies, advertising and promotion agencies and the families of each. Entry constitutes permission to use winner's name and/or likeness for advertising/promotional purposes without further compensation unless prohibited by law. Offer void where prohibited and subject to all federal, state, and local laws.
5. WINNERS' LIST: For winners' list, available after 11/15/95, send a self-addressed, stamped business envelope to Kraft Foods Personal Computer Sweepstakes Winners List, 5 River Road, Suite 327, Department 300, Wilton, CT 06097-0327.
6. SPONSOR: Kraft Foods, Inc., Northfield, IL.
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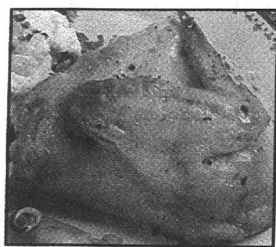
TOTAL VALUE



PORK BUTTS SLICED INTO
Pork Steaks

79¢
lb.

LIMIT 3 PKGS. WITH ADDITIONAL \$10.00 PURCHASE



FARM FRESH
Chicken Breast Quarters

99¢
lb.



REG. OR BEER
Klements Bratwurst

179
lb.

FAMILY PACK
Center Cut Pork Steaks..... **99¢** lb.
LIMIT 3 PKGS. WITH ADDITIONAL \$10.00 PURCHASE

EXTRA VALUE
Holten Beef Patties..... **399** 5-LB. BOX

NO CHICKEN ADDED
Field Original Wieners..... **99¢** 1-LB. BOX

10-LB. AVERAGE, BONELESS
Field Kentuckian Whole Ham..... **199** lb.

Perdue Fresh Ground Turkey..... **149** lb.

HYGRADE
Ballpark Franks..... **2/\$3** 1-LB. PKG.

ALL VARIETIES
Banquet Fried Chicken..... **279** 19-25 OZ. PKG.

PATTIES, NUGGETS, OT TENDERS
Banquet Boneless Chicken..... **2/\$5** 11-13.5 OZ. PKG.

ALL VARIETIES EXCEPT BEEF
Seitz Bologna..... **119** 1-LB. PKG.

ALL MEAT
Seitz Hot Dogs..... **69¢** 12-OZ. PKG.

ALL VARIETIES
R.B. Rice Pork Sausage..... **199** 1-LB. ROLL

Louis Rich Ground Turkey.... **99¢** 1-LB. ROLL

Eckrich Lunchmakers..... **99¢** 3.75-OZ. PKG.

CHOPPED HAM OR HAM & CHEESE
Oscar Mayer Lunchmeat..... **2/389** 1-LB. PKG.

FAMILY PACK, LEAN & TENDER
Pork Cutlets..... **189** lb.

Fresh Produce



U.S. NO 1
Russet Potatoes

198
10-LB. BAG

IN HUSK, COLORADO
Sweet Yellow Corn..... **6/88**

5 A Day Fruits & Vegetables
For Better Health

California Peaches..... **78¢** lb.

California Nectarines..... **78¢** lb.

Dole Cole Slaw..... **88¢** 1-LB. PKG.

Marzetti's Slaw Dressing..... **238** 16-OZ. JAR

Your Satisfaction
Is Guaranteed...

Shop'n Save
The more you shop the more you save.

S	M	T	W	T	F	S
			30	31	1	2
3	4					

PRICES GUARANTEED THRU SEPTEMBER 4, 1995 AT ALL ST. LOUIS METRO STORES ONLY • WE RESERVE THE RIGHT TO LIMIT • NO SALES TO DEALERS • FOR LOCATIONS CALL (314) 984-0900

06304A

Shop'n Save
DOUBLE YOUR MONEY BACK MEAT & PRODUCE GUARANTEE
WITH PROOF OF PURCHASE

WE TAKE PLASTIC

Hours: Mond

TRANSPOR

HOW

PHONE IT: Call
Phone lines are o
p.m. Monday thro
FAX IT: Send yo
Classified Fax Co
We'll call you back
MAIL IT: Send y
Granite City Pres
Delmar, Granite Ci

Discover! When payin
have your credit card
ad, just include you
call you back for con
send cash through the
prepayment.

color and condition. A
make your ad harder to
effective. Include your
hours you are availabl
price; it will increase yo

2 BUICK

1974 BUICK ELECTRA 228
Power, 3 spd auto, 60,000 mi.
1988 BUICK Riviera: Gray on
gray, leather, 4 wheel drive,
Basin, 787-0662.

4 CADILLAC

88 Fleetwood Bigh Sharp!
W/ Finance Almost None!
Contact: 771 Manchester 847-090

KO
Fac

ALL 1995

THE FO
WITH TH

1995 F-1

- Air Conditioning
- AM/FM Stereo Radio
- Argent Styled Wheels
- P255 Tires
- Cloth Seats
- Argent Step Bumper
- ELC/IRONIC 4 SPEED

ON ALL NEW 95 MINI
FRONT OR REAR

1995 WIND

'94 COUGAR XR

Auto Transaxle Pow
Air Cond., 7 Glass Rea
Power Steering Son
Power Brakes Steer
Power Windows

6 - 1995 TAU
GL 4 DOOR
AVAILABLE

SAVE THOUS

ALL PRICES EXCL
TITLE, LICENSE &

Kor

320 HELP WANTED
DENTAL ASST. RECEPT.
 If you are seeking a position without experience this is your opportunity to get the education required to advance your career as a dental professional. In just 10 weeks you will receive a comprehensive dental assistant's education. Courses begin in October. Call Executive Dental Center, 1111 W. 24th St., St. Louis, MO 63103. (314) 294-8800.

320 HELP WANTED
DEPENDABLE AND trustworthy
 day laborer needed in home, during days, extra pay for overtime. Call 422-5777. **CR**
DIRECTOR/TEACHER needed for a private day school program. 3 years of experience. 15 hours weekly. Salary \$20,000. Call 422-5777. **CR**
CLERICAL position in a law firm. 10 hours weekly. Salary \$15,000. Call 422-5777. **CR**

320 HELP WANTED
DRIVER moving experience. Call 422-5777. **CR**
EARN CHRISTMAS free, don't miss out. Call 422-5777. **CR**
Full time teachers needed for a private day school program. 3 years of experience. 15 hours weekly. Salary \$20,000. Call 422-5777. **CR**

320 HELP WANTED
FIELD SUPERVISOR
 position available with agency that provides home care for the elderly. Requires experience in supervising staff and managing a budget. Call 422-5777. **CR**

320 HELP WANTED
Factory Opportunities
 Highland Supply Corp. A multi-national leader in the flexible packaging industry is expanding production at our Highland facilities. We are in need of qualified individuals to work in various production departments. Full time positions available all shifts. Benefits Apply today.
Highland Supply Corp.
 1111 Sixth Street
 Highland, IL 62249
 EOE

320 HELP WANTED
COOK
 Full time. Experience preferred in hotel or catering food prep. Beautiful work environment. Full benefits. Apply in person.
Delmar Gardens North
 4401 Parker Rd.
 Florissant, MO 63020

320 HELP WANTED
DENTAL HYGIENIST
 Wood River Township Hospital has a part time opening for a dental hygienist for the day shift. The position involves the cleaning and coordination of services to dental patients. The successful candidate must have a degree in dental hygiene and be a member of the American Dental Association. Apply in person.
Wood River Township Hospital
 1111 Edwardsville Road
 Wood River, IL 62291

320 HELP WANTED
HOUSEKEEPER
 Full time, experience in housekeeping preferred. Experience in healthcare field helpful. Excellent starting salary/benefits include sick leave and bonuses. Apply in person. Interviewing 1st day/week. EOE.
Delmar Gardens North
 4401 Parker Rd.
 Florissant, MO 63020

320 HELP WANTED
WOOD RIVER TOWNSHIP HOSPITAL
 1111 Edwardsville Road
 Wood River, IL 62291
 254-3821 ext 135, 130
 EOE

320 HELP WANTED
DISHWASHERS
 Full and part time positions available. Experience not necessary. Excellent package for full time only. Apply in person.
Delmar Gardens North
 4401 Parker Rd.
 Florissant, MO 63020

JOB OPEN HOUSE
 presented by the
 Suburban Journals & **McGraw-Hill**
 Wednesday, September 6th 5-9 pm
 In the Suburban Journals
 Main Conference Room
 1714 Deer Tracks Trail, Town & Country, MO 63131

We Will Be Screening Candidates For The Following Positions:
 • Permanent Full-time telemarketers
 • And Outside Salespeople
 • And The Following Temporary Positions:
 • Word Processing • Secretaries
 • Receptionist • Data Entry

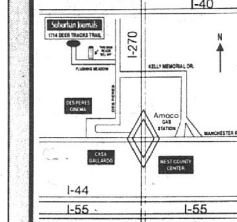
Area's Only Skilled Nursing Home
 Colonial Care Center is now Skilled with Medicare Pending. We will continue to Expand all areas.
RN, LPN, CNA
 Looking for Nursing/CNA staff with skilled/Medical experience, 3-11 RN Super, Ad Aid, Care Plan Nurse M-F.
 If you are interested in Long Term Care, come see us.
Apply in person
3900 Stearns, Granite City, IL

WE WANT YOU!!!
 All CNA's who want better pay, better benefits, plus a free uniform top, apply in person at—
HIGHLAND HEALTH CARE
 1450 - 26th STREET
 HIGHLAND, IL 62249
(618) 654-2368
 Carol Stich, R.N., D.O.N.
 Judy Toon, R.N., A.D.O.N.

DATA ENTRY
 Immediate openings, 1st, 2nd & 3rd shift data entry opportunities. Working for major bank in Downstate and Hazelwood areas. Competitive pay. Discretionary bonuses. Apply in person at HR Management Services, 1178 Woodward, 9th, 2nd, Hazelwood, 314-717-2277 or 911 Washington, St. Louis, MO 63103. 314-651-0112.

DELIVERY/DRIVER
 Now hiring full time delivery people for our local stores. You must have excellent driving record, good appearance, desire to work. We give you:
 \$8.75 per hour
 401k plan, full benefits package, 5 day work week, No nights or Sundays.
 Apply in person or call:
NATIONAL RENT TO OWN
 25 Shopping Center
 Granite City, IL
 618-677-8888

BRANCH MANAGER HOME HEALTH
 One of Southern Illinois' largest and fastest growing not-for-profit Medicare certified Home Health Agencies is seeking a Registered Nurse to manage their newest branch office located in the Great Riverland Area. Responsibilities will include marketing their services of the branch to potential referral sources, clinical staff supervision and performance of skilled nursing visits. The successful candidate will possess an Illinois license, have home health experience, strong interpersonal skills and the ability to work independently. To learn more about this exciting opportunity, please call 618-654-2028. Ext. 102. Equal employment opportunity regardless of age, race, color, religion, national origin or disability.



Please Bring Your Resume
 • Call 822-2292
 Ext 367
 & Leave A Message If You Need Directions
 • Refreshments Will Be

RESERVATION SALES AGENTS
 TWA seeks members receive: • Travel agent commission • Salary plus 10% bonus • High school diploma or GED • Excellent communication and writing skills • Annual TWA tuition-benefit (perfor. deduction)

To travel more than a benefit to you? TWA is seeking talented individuals with sales/customer service experience, for department reservations as Reservation Sales Agents. As a TWA sales agent, you will be responsible for the direct sale of TWA travel, including reservations and other special passenger services.

CALL NOW 1-800-942-7467
 1101 W. Outer 21 Rd.
 St. Louis, MO 63103
 314-296-5141

PART TIME
 Deliver two times per week - Tuesday night and Saturday. Must have valid driver's license and insurance. Great supplemental income!
Information:
Brad Wobbe
 235-5747

DELIVERY/DRIVER
 Now hiring full time delivery people for our local stores. You must have excellent driving record, good appearance, desire to work. We give you:
 \$8.75 per hour
 401k plan, full benefits package, 5 day work week, No nights or Sundays.
 Apply in person or call:
NATIONAL RENT TO OWN
 25 Shopping Center
 Granite City, IL
 618-677-8888

HOUSEKEEPER
 Full time, experience in housekeeping preferred. Experience in healthcare field helpful. Excellent starting salary/benefits include sick leave and bonuses. Apply in person. Interviewing 1st day/week. EOE.
Delmar Gardens North
 4401 Parker Rd.
 Florissant, MO 63020

WOOD RIVER TOWNSHIP HOSPITAL
 1111 Edwardsville Road
 Wood River, IL 62291
 254-3821 ext 135, 130
 EOE

MEDICAL/HEALTHCARE CAREERS

CNA's/NA's
 LIMITED FULL TIME SLOTS - 3-11/17
 In exchange for your care and dedication, Woodland Manor gives you the following: Casual day Fridays, employee lunch, Free lunch on Friday, new starting wages, great raises and more! Equal opportunity employer. Apply.
WOODLAND MANOR
 100 Woodland Cl. Arnold, 314-296-1400

WANTED LPNs
 WE WANT YOU...
 To work evenings at Bridgeton Nursing Center. Long term care experience required. We offer you excellent wages & benefits including tuition reimbursement, stock purchase plan, childcare plan, medical/dental ins., 401k & retirement plan. Apply:
Bridgeton Nursing Center
 12145 Bridgeton Sq. Dr.
 Bridgeton, MO 63044
 EOE

CMT DAY SHIFT
 We currently have a position available for a CMT on the day shift. This position can be either full time or part time. Excellent starting wages and benefits (full time only). Call:
South County Manor
 1101 W. Outer 21 Rd.
 St. Louis, MO 63010
 314-296-5141

CNAs/NAs
 Select Shifts
 Bridgeton Nursing Center now hiring all shifts. Full benefits package available.
 Apply in person:
FLORISSANT
NURSING CENTER
 915 Pencho Ln.
 Florissant, MO 63031
 equal opportunity employer

CNA
 FULL & PART TIME ALL SHIFTS
 Excellent working conditions. ST AGNES HOME
 10041 Manchester
 630-7616
 equal opportunity employer

ADON
 Position available for Registered Nurse licensed in the state of MO. Candidate must possess supervisory and management skills. Excellent communication skills and a good working knowledge of the state and federal survey process a must. Excellent wage and benefit package. Interested applicants please apply in person or send resume to:
Spanish Lake Nursing Center
 Attn: Tammy Peebles
 13700 Old Halls Ferry
 Florissant, MO 63033
 No phone calls please
 Equal opportunity employer

PHLEBOTOMIST
 Hospital laboratory seeking part-time phlebotomist to call side for two positions - part-time evening shift and part-time day shift. Minimum six months hospital phlebotomy experience required. To apply contact:
Personal Department ANDERSON HOSPITAL
 182, P.O. Box 1000
 Maple St. St. Louis, MO 63103
 314-296-5141
 EOE

CNA
 Immediate openings. Private duty cases available at all locations; day (40 hr. work wk. available), evening, night. One year hospital or nursing home experience preferred. Reliable transportation and willingness to make a commitment to our patients. REFERENCES AND POLICE CHECK REQUIRED. Call:
Advanced nursing services
 St. Louis
 At 422-3230 to schedule an appointment. No calls accepted before 12:30pm.

CNAs
 Full time 311 & 11-7
DIET AIDE
 Full time 4 part time
DINING ROOM SERVERS
 Part time, evenings & week ends.
 Join a winning team of health care professionals. Great full time benefits. We provide outstanding care in an elegant comfortable environment. Apply in person Tuesday-Fri. 9am-5pm or send a resume to:
PHENIX VILLAGE OF WEST COUNTY
 1601 Olive St.
 Chesterfield, MO 63017
 314-531-5151
 equal opportunity employer

CNA ON CMT
 \$500 SIGN ON BONUS
 NEW START RATE
 Are you a CNA or CMT looking for a new opportunity with growth potential? We have a new opening for a CNA or CMT. Eligible in a new offering, for a limited time, a \$500 sign on bonus for experienced CNAs or CMTs. In addition, we offer a competitive salary and benefits package. Up to an additional \$1,000 per year, we will provide you with training to become a CMT. We also offer higher wages for experienced and/or rate based on years of experience, shift differential, trial period increase, paid vacations, holidays, and more discounts. If you are interested in advancing your career and learning new and exciting nursing techniques, then apply in person at Elliptical Health Care, 10027 Manchester Road, St. Louis, MO 63103. EOE M/F/V/H

CEDARS HEALTHCARE CENTER
 CEDAR HILL, MO (Jefferson County area)
SOCIAL WORKER
 Full time, with BSW.
 Contact Beth at 314-274-1777.
FRONT OFFICE POSITION
 Part time, billing & inventory skills helpful.
 Contact Grace at 314-274-1777.

TO Place Your Ad In This Section
 Call
 314-821-1555
 or fax to
 314-821-3652

CNAs/NAs
 Full time Part time
 Apply in person 9-3
Chesterfield Manor
 14001 Olive Street Rd
 Chesterfield
 equal opportunity employer

HOME HEALTH AIDES
 Live-in & Hourly
 Home Health Aides seeking motivated individuals to care for clients in the Chesterfield and surrounding areas. If you have a HS Diploma and reliable transportation and want to make a difference in the lives of others, call:
 453-9209
HOME HEALTH PLUS
 EOE

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NURSE AIDE
 Certification class provided. CAREER opportunity for caring individuals! Earn excellent wages with benefits as you begin a new CAREER. Register today - Class starts after Labor Day!
CNAs
 3-11 shift, Also, Weekends, 12 hr shifts. Work 24, get paid for 32.
 Competitive wages with benefits. Contact Director of Nursing:
The Westchester House
 550 White Rd.
 Chesterfield, MO
 equal opportunity employer

SITE MANAGER
 Supervise all non-physician office personnel. Knowledge of OSHA/CLIA regulations. Supervise and maintain computer system, charge entry, daily OTC payment posting applications in conjunction with Central Business Office. Responsible for timely submission of payables to Central Office. Responsible for ordering supplies. Accountable for budget control of site expense. Benefit package offered. Send resume with salary history to:
Central Business Office, Inc.
 Attention: Carol Fife
 1000 Woodcrest Terrace, Ste. 200
 St. Louis, MO 63141
 An Equal Opportunity Employer

CNAs/NAs
 Full time Part time
 Evening & Night shifts
CMTs
 Full time Part time
 Excellent benefits & working conditions.
 Apply in person:
PHENIX VILLAGE OF SOUTH COUNTY
 12503 Village Circle Dr.
 St. Louis, MO 63127
 314-642-6840
 equal opportunity employer

CNAs
 Full time Part time
 Evening & Night shifts
CMTs
 Full time Part time
 Excellent benefits & working conditions.
 Apply in person:
PHENIX VILLAGE OF SOUTH COUNTY
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 St. Louis, MO 63127
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CNA - FIELD RELIEF WORKER
 If you are a CNA and tired of nursing homes, call 822-2974. 40 hours. Benefits include weekly bonus, mileage, health, dental, life, paid vacations, 401K Plan. Reliable transportation needed. Ask for Laura:
ALGONQUIN NURSES
 10135 MANCHESTER RD.
 EOE

NA/CNA/CMT
 We're Expanding and Interviewing for Our New Skilled Addition, opening September 1st!
 Come join "our" caring, dedicated staff.
 • 12 hr shifts-day/night • Paid health insurance
 • 3 day/week Full Time • Free dental
 • Paid certification class • Credit Union
 • 12hr wk days (Every other) • Shift/differential
BROOKING PARK
 307 S. Woods Mill Rd. (off Hwy 401 N)
 Chesterfield, MO; 314-574-5545
 equal opportunity employer

ADON
 If You Are Rn Certified, Caring, Energetic, Possess Good Management Skills And Have Long Term Care Exp., We Can Offer You: Medical & Dental ins., Excellent Wages, Tuition Reimbursement And Advancement Opportunities.
 Apply in person at
Bridgeton Nursing Center
 12145 Bridgeton Sq. Dr.
 Bridgeton, MO 63044
 equal opportunity employer

INSURANCE SECRETARY
 Full time position available. Busy CIGNA office in need of capable individual to schedule surgeries pre-authorization of surgical and obstetrical procedures, and coordinate with insurance carriers. Knowledge of OB deposition and insurance required. Good communication skills a must. Send resume with salary history to:
Generations Health Care, Inc.
 Attention: Carol Fife
 1000 Woodcrest Terrace, Ste. 200
 St. Louis, MO 63141
 An Equal Opportunity Employer

Medical Receptionists
 Full Time (M-F). Three openings: Internal Medicine practices in South and North County, Pediatrics practice in Creve Coeur. Experience and knowledge of ICD-9 and CPT-4 coding, scheduling, transcription, and word processing required.
Medical Assistants
 Part Time (M,T,W,F). Internal Medicine practice near Olive and Madison. Requires certification, experience.
Practice RN
 Part Time (M-F, 4 hours/week). Internal Medicine practice with offices in Clayton and Florissant. Requires experience in Internal Medicine private physician office.
Transcriptionist
 Part Time (M-F, 4 hours/week). Internal Medicine practice in South County. Requires experience, medical transcription training, and transcription preferred.
Mary Medical Group offers an excellent benefit package including a unique time off program and a comprehensive health plan and tuition assistance.

320 HELP WANTED
LOCAL AND REGIONAL TRUCK DRIVERS
 Home 3 to 7 nights per week. Earning potential of \$4,000 per year. Paid vacation and Life Insurance. 401K Plan. Shifting. Training Program. No experience necessary. Model equipment. Must be 21 years old. Class A license. Verifiable experience with school. Join the team. Call Bill or Thru a local agent.
BELLMAN TRUCK
 5500 FIDELITY BLVD.
 ST. LOUIS, MO 63129

MACHINE OPERATOR
 Metal fabricator seeking permanent machine operators for all shifts. Excellent pay and benefits. Apply to:
ARGO PRODUCTS CO.
 5500 FIDELITY BLVD.
 ST. LOUIS, MO 63129

MAINTENANCE MAN
 for mobile home park. Good hours. Good pay. \$31-8500.
 MCH/NA/EC. Experienced semi-truck mechanics. Call 314-515-1100 or 314-515-1101 for interview. Good pay. Health benefits.

SERVICE TECHNICIAN
 Expansion in St. Louis area. Need for mechanics. Excellent pay. Good benefits. Call 314-515-1100 or 314-515-1101 for interview. Good pay. Health benefits.

TRUCK CENTERS
 747 E. Taylor
 ST. LOUIS, MO 63141

MEDICAL SECRETARY
 Home care for North St. Louis. Seeking experienced medical secretaries. Excellent pay. Good benefits. Call 314-515-1100 or 314-515-1101 for interview. Good pay. Health benefits.

OWNER OPERATORS
 Busted Trucking Company has an immediate need for owner operators. Excellent pay. Good benefits. Call 314-515-1100 or 314-515-1101 for interview. Good pay. Health benefits.

DRIVERS/COURIERS
 Highest paid company in the St. Louis area.
 • 1st & 2nd shifts
 • Home pay rate first year
 • 80% gross revenue, no mileage
 • Life, life insurance
 • Paid vacation for both years
 • 401K plan
 • deeded insurance
 • dental & vision insurance
 • available. 100% paid
 • guaranteed liability
 • insurance, weekly set
 • salary.
CALL 1-800-821-2437
 Ask for Warren

DRIVERS-OTR
 HOME EVERY WEEK
 • Earn up to 30¢ per mile
 • Loaded/dumped miles paid same
 • 401K Retirement
 • Assigned air ride conv.
 • Rider policy
 • Plenty of Miles
 • Training avail. for grads
WHITE BROS.
 Engle, Inc. Troy, MO
Troy, MO
 1-800-325-8151
 Ext. 0

320 HELP WANTED

LOCAL AND REGIONAL TRUCK DRIVERS
Home 3 to 7 nights per week. Earning potential of \$40,000 plus per year. Paid vacations, Health and Life Insurance, 401K Profit, Sharing, Retirement Program. One model equipment. Must be 24 years old, clean MVR, 2 years with certified truck driving school or 3 years verifiable experience without school. Join the leading built carrier.
WILLIAM TRUCK CO.
Call Bill or Sherry at 555-545-5918

MACHINE OPERATOR

Metall fabricator needs permanent machine operators for all three shifts. Excellent pay and benefits. Apply at:
ARGO PRODUCTS CO.
3500 GOLFDOVE BLVD
ST. LOUIS, MO 63120

MAINTENANCE MAN

for mobile home park. Good hours. Good pay. **\$31-5000**

MECHANIC

Experienced semi-truck mechanic. Call 478-8787. 314-543-4331 for interview. Good pay & health benefits.

SERVICE TECHNICIAN

Expansion in St. Louis area need for mechanical/electrical service technicians. Excellent benefits. Must be able to work 1st, 2nd and 3rd shifts with a dependable person in customer service. Send resume to: **TRUCK CENTERS, INC.** 747 E. Taylor, St. Louis, MO 63147

MEDICAL SECRETARY

Home Clinic for Women. Abortion procedure. Seeking person with medical office experience and enthusiasm for working with women. Strong ability to work in a busy, auto-paced setting. Excellent pay and challenging work for the person who truly enjoys a contribution to the health care team. Call Allison, 1021 S. Grand, Granite City, IL 62040

320 HELP WANTED

MOTEL MAID AND Dish Wash
Motel. At Apple Valley. 24 hours. 100 TAKING applications for dish washers. Experience helpful but not necessary. Apply at Valley Bakery, 2112 S. Grand, Granite City, IL 62040. 555-545-5918

PART TIME DELIVERY

Deliver two times per week. Tuesday night and Saturday. Must have VAN and insurance. Great supplemental income!
Call for more information:
Brad Wobbe
235-5747

PART-TIME DELIVERY

Part-time delivery assistant and receptionist. Must have a valid driver's license. Send resume to: **ST. LOUIS, MO 63120**

TRUCK DRIVER

Part-time. Deliver 2 times per week. Tuesday night and Saturday. Must have VAN and insurance. Great supplemental income!
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320 HELP WANTED

PLUMBING
RUSTY'S CAR Wash. Auto detailers needed. Call 567-0781.

SECURITY GUARDS

Hudson Security will be interviewing for Security Guard positions on Thursday, August 31, from 9am-1pm at the Granite City Job Service Office. 555 American Blvd. Must be over 21. No felony convictions. No experience required. Full and part time positions available. Retirees welcome.

SECURITY OFFICERS

CITY AND COUNTY ARMED AND UNARMED
SECURITY OFFICERS needed for night and day shifts. NOES Guards are also needed. Must be 21 years of age. Must have own telephone and transportation. Referrals and resumes welcome if you are interested in above event at:
ST. LOUIS, MO 63120

STOCK MANAGER

Small retail store. 6 day week. Must be mature and dependable. Salary plus benefits and bonuses. For consideration call or write to:
ST. LOUIS, MO 63120

RESTAURANT

ROCKERS. Experienced help needed. Immediate employment. Call 478-8787. 314-543-4331

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SALES/PERSONNEL
Retail store. Experience helpful but not necessary. Apply at Valley Bakery, 2112 S. Grand, Granite City, IL 62040. 555-545-5918

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320 MEDICAL & HEALTH CARE

Medical Transcriptionist
P.O. Box 1000
Mayville, IL 62452
EOE

320 MEDICAL & HEALTH CARE

CNA's/NA's
Don't miss this opportunity! Part time, all shifts. North County's premier skilled nursing center has immediate openings for career minded individuals who are interested in working with the elderly. Delmar Gardens North offers a beautiful work environment, excellent salary and great benefits package for full time. Free certification classes are available so hurry and apply in person. We interview 7 days/week. EOE
DELMAR GARDENS NORTH
4401 Parker Rd.
Florissant, MO

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320 EMPLOYMENT INFORMATION

COMPUTER USERS
Need typing & word processing skills. \$45,000 income potential.
1-800-813-4343
Ext. B-3005

320 EMPLOYMENT INFORMATION

EXECUTIVE SEARCH
Need typing & word processing skills. \$45,000 income potential.
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320 CHILD CARE

32000 Mother of 1 will do childcare
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GET BEHIND THE WHEEL

DRIVERS NEEDED

OWNER OPERATORS

Trucking Company has an immediate need for owner operators and drivers with 10 years experience. Free 15 day trial. 80% gross revenue. No forced dispatch. Free 15 day trial. Free 15 day trial. Free 15 day

The perfect Gentlemen! Honest, humorous, fashionable, muscular, non-smoking professional SWM. 6', 175 lbs, presenting sharp fringe. Seeks confident SLDWF. 29-34. #115250

Your normal Man, 60, n/a, n/d, 5'11", 180 lbs, dark hair, needs you! SWF, 35 or under. #15307

29-40. Females only: #15317

29-40. Females only: #15317

#142 8-30-95

